MODERN PRISCILLA COOKBOOK

1000 RECIPES AND COOKING METHODS

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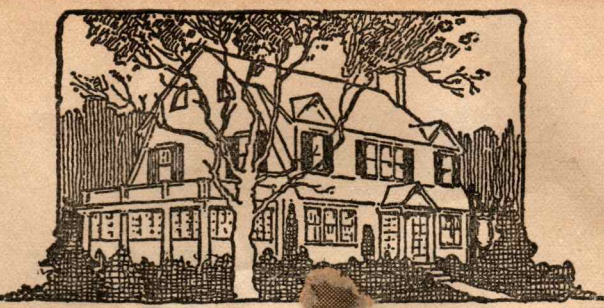

The home where food [illegible]ousehold devices
are tested by Modern Priscilla Magazine

Modern Priscilla Standard COOK BOOK

Modern Priscilla Proving Plant
Methods of
Preparing and Cooking
Over 1000 Appetizing Dishes

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1 cup (Christmas Cookies)
1 cup sugar
1 cup sour milk
3/4 to 1 cup lard (Grandma used Crisco)
1/2 tsp soda (make appx 80 cookies)
Salt
2 1/2 qt flour until stiff enough to roll

COOKING AND ITS TECHNIQUE

Cooking is the application of heat to food in order to make it suitable for human consumption. Primitive man survived on food in its natural state, but in the more complicated life of today a dietary of raw food alone has little to recommend it. A few foods are at their best when raw but food materials as a whole must be cooked in order to make them more easily digested, to kill micro-organisms, to improve flavor, and to make them in general more palatable.

Cookery becomes an art when judgment, skill, creative ability and a fine appreciation of flavors enter into it.

METHODS OF COOKING

Boiling is cooking in water at a temperature of 212°, or in other liquid. The boiling point is indicated by constant bubbling of the liquid. As altitude increases the boiling point becomes lower; at five thousand feet above sea level, for instance, water boils at 202°. Liquids which are not pure water, but contain other materials in solution, boil at a temperature higher than 212°.

Simmering is cooking in water or other liquid just below the boiling point (190°–210°). At a simmering temperature an occasional bubble rises.

Stewing is boiling gently in a small quantity of water.

Steaming is cooking in the steam which rises from boiling water. It is accomplished by using, in a covered kettle, a perforated container which will keep food out of contact with water but allow steam to circulate around it.

Broiling is cooking over direct heat — live coals, a gas or oil flame or electric unit. An open rack holds the material to be broiled.

Toasting is a form of broiling. The term is used in connection with breads.

1 1/3 T vinegar fill measuring cup for 1 cup = 1 cup sour milk or 1 1/2 T lemon juice

Pan broiling is cooking on a hot pan or griddle, without grease, or with just enough to prevent sticking.

Baking is cooking by dry heat in an oven. The temperature may be high or low.

Roasting originally meant cooking over an open fire, but is now synonomous with baking. It is used principally in connection with meats.

Braising is a combination of stewing and baking. The food is cooked in the oven with a small amount of water.

Frying is cooking by immersion in hot fat.

Sautéing or **pan frying** is cooking in a small amount of fat. The food cooks on only one side at a time and must be turned.

Fricasseeing is a combination of sautéing and stewing. The method is used chiefly for meats.

Poaching is cooking by surrounding with boiling or simmering liquid in a shallow pan. It is used mostly for eggs.

REACTION OF FOODS TO COOKING

In order to determine which of the cooking methods are best for a certain food it is necessary to know something of the composition of food materials and how each factor reacts toward heat.

Starchy foods, which include all cereal preparations (flours, breakfast cereals, tapioca) and starchy vegetables like potatoes and dried beans and peas, need relatively long cooking in a moist atmosphere to soften the cellulose which holds them together, to reduce the starch to an easily assimilated form and to develop its flavor.

Sugar, although it belongs to the same class of foods as starch, is simpler in form and needs no cooking for digestibility, but the natural sugar in food, when cooked, improves the flavor.

Protein foods (meat, fish, eggs, cheese) tend to harden and become less open to the action of the digestive juices when subjected to high temperature. The least amount of cooking compatible with palatability is then advisable. When the problem is complicated by the presence of a large amount of connective tissue which must be softened, as in the case of the less expensive cuts of meat, long cooking must be used, but the temperature must be low and the atmosphere moist.

Fats (bacon and other fat meats, butter, salad oils and so forth) are little affected by heat until a very high temperature is reached. When they are used in combination with other ingredients, as they most often are, there is little danger of their becoming overheated.

Minerals, which are present in many foods in small quantities, are not affected by cooking, but are soluble in water, so care must be taken not to lose them.

Vitamins are substances which occur in minute quantities and knowledge of their reactions is not complete. With the exception of C, which is found largely in tomatoes, cabbage, and citrus fruits, they are relatively stable toward heat, but they are most abundant in fresh, raw foods. Like the minerals they may be lost in solution while cooking. For these reasons, since the vitamins are absolutely essential to health, some uncooked foods should be included in the diet.

PROCESSES USED IN COOKING

In order to follow recipes successfully it is necessary to be familiar with the various processes employed in the preparation and cooking of food.

Stirring is mixing, usually with a spoon, by a rotary motion. The object is to blend ingredients thoroughly.

Beating is mixing with a vigorous over and over motion, using a spoon, wire whip or special beater. The contents of the dish is lifted up from to bottom to the top and air is incorporated.

Kneading is a process of blending used for mixing doughs too stiff for stirring or beating. The motion is one of stretching and pressing. It is done with the hands or a mechanical kneader.

Cutting in is mixing one ingredient with others by repeated cutting through with a knife or other edged implement. It is used when complete blending of the ingredients is not desired.

Folding in is mixing by a gentle over and over motion, in combination with cutting. Its purpose is to prevent the escape of air previously beaten in and it is used chiefly for incorporating beaten egg white or whipped cream in a mixture.

Dredging is coating lightly, usually with flour or sugar.

Larding is inserting thin strips of salt pork or bacon (called lardoons) in meat or fish. The fat is laid in incisions cut in the meat or drawn through with a larding needle. The object of larding is to supply fat to cuts which lack it.

Basting is dipping fat or liquid over meat or other food while it is baking to keep it from drying out and to add to its flavor.

Marinating is covering with a liquid, most often French dressing, and allowing to stand for some time to absorb flavor and moisture.

Caramelizing sugar is heating it until it melts and browns. The sugar is placed in a dry pan over a moderate heat and stirred constantly until a golden brown syrup results.

ACCURACY IN COOKING

It is impossible to obtain unvaryingly good results in cookery without accuracy of measurement and of cooking temperature. The experienced cook may achieve accuracy through the sound judgment which she has acquired, but for the average person standard measuring utensils and thermometers are essential.

Measuring utensils include cups of tin, aluminum or glass, each holding a fourth of a quart, marked in quarters and thirds; measuring spoons, which can be obtained in tablespoon, teaspoon, half teaspoon and quarter teaspoon; and a spatula or straight bladed knife for leveling. A quart measure and scales are a great convenience.

Level measurements are essential to accuracy. The terms "scant" and "heaping" permit wide variation, according to individual interpretation of their meaning.

To measure a dry ingredient accurately fill the cup or spoon heaping full and level off with a straight knife blade. Sift flour before measuring and do not shake down.

To measure a liquid fill the cup or spoon as full as it can be without running over when held level.

To measure a fraction of a cup fill to the mark which indicates the desired amount, taking care to have the utensil filled evenly. If it is necessary to divide a spoonful, first measure level, then divide through the center lengthwise and push off one half. Subdivide crosswise into smaller fractions.

COOKING THERMOMETERS

Cooking processes can be carried on with precision only when the amount of heat used is measured accurately with a thermometer. A complete set of cooking thermometers includes three — one for deep fat frying, one for testing syrups in making candy, frosting and jelly, and one for the oven.

To use a deep fat or candy thermometer place it in the kettle so that the bulb is completely covered with the hot liquid. The bulb itself should not rest on the bottom of the kettle; the frame which supports the mercury column usually prevents this. Read the thermometer with the top of the mercury column at eye level. As a precaution against breakage insert the thermometer in the syrup or fat before a high temperature is reached or preheat it in hot water. It is possible to use a deep fat thermometer for syrups but a candy thermometer does not register temperatures high enough for frying. A chemical thermometer, registering up to 400° F. may be used in place of these two special cooking thermometers but it is more difficult to read and has no metal backing to protect it from breakage.

To use an oven thermometer, place it in the oven near the center when the heat is turned on, and as soon as it registers the temperature desired for baking regulate the burners so that the heat in the oven will remain constant.

The oven heat control which is a feature of many gas and electric ranges automatically regulates the temperature of the oven. When the indicator is set for the degree of heat needed a thermostat holds the temperature at that point.

THE PRISCILLA PROVING PLANT TIME AND TEMPERATURE CHARTS

The temperatures given in this chart are those that have been found, through long experimenting, to give the most satisfactory results. It is offered as a guide for general cookery and for use with recipes in which no definite cooking temperature is given. Fahrenheit temperatures are used.

Time is a somewhat variable factor. It is influenced by the particular oven used, the proportions of the baking dish and the amount of food cooked as a unit.

BAKING TEMPERATURES

	Temperature	*Time*
APPLES, Baked	400°	30–45 minutes
BEANS, Baked	300°	6–8 hours
BREADS, (Yeast)		
White	375°	50–60 minutes
Dark	350°	50–60 minutes
Rolls	425°	15–20 minutes
BREADS (Quick)		
Baking Powder Biscuits	450°	12–15 minutes
Coffee Cake	425°	20–25 minutes
Corn Bread	400°	20–25 minutes
Muffins (plain)	400°–425°	20–30 minutes
Muffins (dark)	375°–400°	25–35 minutes

	Temperature	*Time*
BREADS (QUICK) (Cont.)		
Nut Bread	350°	50–60 minutes
Popovers	450° for 25 min., then reduce to 350°	40–45 minutes
CAKES (Butter)		
Loaf (plain)	350°	40–55 minutes
Loaf (rich or dark)	325°	50–60 minutes
Loaf (fruit)	275°	2–3 hours
Individual and Layer (plain)	375°–400°	20–30 minutes
Individual and Layer (rich)	350°	25–35 minutes
Gingerbread	325°–350°	25–35 minutes
CAKES (Sponge)		
Angel (loaf)	300°–325°	60–65 minutes
Sponge (loaf)	325°	50–60 minutes
Sponge (individual or layer)	350°	20–25 minutes
Sponge (with baking powder)	350°	45–50 minutes
COOKIES		
Brownies	325°	25–30 minutes
Drop	350°–375°	8–12 minutes
Gingersnaps	375°	5–6 minutes
Kisses (meringues)	300°	50–60 minutes
Rolled (thick)	350°–375°	8–12 minutes
Rolled (thin)	375°–400°	5–6 minutes
DESSERTS		
Custard (in dish of water)		
Large	325°	60–65 minutes
Cup	325°	40–45 minutes
Bread and Cooked Cereal Puddings	325°	45–50 minutes
Indian	300°	2–3 hours
Rice	325°	2 hours
FISH		
Stuffed	375°	50–60 minutes
Sliced	400°	30–35 minutes
Sliced (in milk)	325°	50–60 minutes
MEAT		
Beef, Roast (choice cuts)		
Rare	500° for 15 min. reduce to 375°	15–18 minutes to pound, plus 15 minutes
Medium	500° for 15 min. reduce to 375°	18–20 minutes to pound, plus 15 minutes
Well done	500° for 15 min. reduce to 375°	20–25 minutes to pound, plus 15 minutes

MEAT (Cont.)	*Temperature*	*Time*
Beef, Braised (inexpensive cuts)	350°	2–3 hours
Ham, Slice	375°	40–50 minutes
Ham, Slice (in milk)	325°	50–60 minutes
Ham, Whole	300°	25–35 minutes to pound
Lamb	500° for 15 min., reduce to 350°	20–30 minutes to pound
Meat Loaf	375°–400°	50–60 minutes
Pork, Roast	500° for 15 min., reduce to 350°	25–35 minutes to pound
Poultry	500° for 15 min., reduce to 375°	20–25 minutes to pound
Veal	500° for 15 min., reduce to 350°	25–30 minutes to pound
MEAT COMBINATIONS		
Casserole (with uncooked meat)	325°	2–3 hours
Casserole (with cooked meat)	375°	60–75 minutes
MERINGUE	325°	20 minutes
PASTRY AND PIES		
Custard, Pumpkin, etc.	450° for 10 min., reduce to 325°	50–60 minutes
Fruit and Berry (double crust)	375°–400°	45–60 minutes
Cooked Filling	425°	30–40 minutes
Tarts	425°–450°	10–12 minutes
Pastry Shell	450°	10–15 minutes
Puff Paste	500°	10–15 minutes
Choux Paste (cream puff shells)	350°	40–45 minutes
POTATOES		
Baked, White	425°–450°	50–60 minutes
Baked, Sweet	425°–450°	40–50 minutes
Scalloped, Raw	325°	60–75 minutes
SCALLOPED DISHES		
(Ingredients precooked)	375°–400°	25–30 minutes
SOUFFLES		
Large	325°	55–65 minutes
Individual	325°	35–40 minutes

DEEP FAT FRYING TEMPERATURES

	Temperatures	*Time*
CROQUETTES AND FRITTERS	360°–370°	Until brown, 2–3 minutes
DOUGHNUTS	370°	About 3 min.
FISH AND MEAT	360°	Until brown, 3–5 minutes
POTATOES		
Chips	390°	Until brown, 1–2 minutes
French Fried	350° or 250° for 7–8 min., and then 390° until brown	Until brown, 4–5 minutes
Julienne	390°	Until brown, 2–3 minutes

NOTE: Fat should be preheated ten or more degrees above the correct cooking temperature because it is quickly cooled when cold food is put into it.

TEMPERATURES FOR CANDY MAKING

The following table gives the cold water test for sugar syrup and the corresponding degree on the thermometer.

FUDGE, PENUCHI, OPERA CREAM	236°	Thread
FONDANT	238°	Soft Ball
CARAMELS	248°–252°	Firm Ball
TOFFIES	268°–270°	Hard Ball
BUTTERSCOTCH	288°–290°	Crack or Brittle
CLEAR HARD CANDIES	300°–310°	Hard Crack

SCALE OF OVEN TEMPERATURES

This scale shows how the terms commonly used to describe oven heat correspond to the temperature in degrees, according to Priscilla Proving Plant usage.

250°–300°	Slow oven
300°–350°	Moderate oven
350°–400°	Moderately hot oven
400°–450°	Hot oven
450°–550°	Very hot oven

USING PRISCILLA RECIPES

All the methods described in this book have been worked out at the Priscilla Proving Plant and every recipe has been used successfully.

Before starting to use any recipe read it over carefully to make sure that all the ingredients required are at hand and that the directions are clearly understood. If there is any question about the procedure specified, refer to the explanatory material at the beginning of the chapter or elsewhere in the book.

Assemble all the utensils and ingredients needed and follow the recipe with accuracy. Use standard measuring cups and spoons and level measurements. Try the recipe first just as it stands, afterwards vary seasonings and flavorings, if you like, to suit the taste of your family.

The number of servings which a recipe will make depends upon the part which it plays in the menu and upon the food habits of the family. The number actually served when the recipe was tested at the Priscilla Proving Plant is given.

TABLE OF WEIGHTS AND MEASURES

2 cups liquid	1 pound
2 cups fat or oil	1 pound
2 cups granulated sugar	1 pound
2¾ cups brown sugar	1 pound
3½ cups confectioners' sugar	1 pound
2 cups salt	1 pound
4 cups white flour	1 pound
4½ cups Graham flour	1 pound
3⅞ cups whole wheat flour	1 pound
2 cups rice	1 pound
4½ cups ground coffee	1 pound
1 square chocolate	1 ounce
4 tablespoons grated chocolate	1 ounce
4 tablespoons cocoa	1 ounce
½ cup chopped nut meats	1 ounce
8–10 eggs (in shells)	1 pound
8–9 egg whites	1 cup
1 pound meat (raw) yields about 3 cups diced cooked meat	
2 cups chopped meat (packed)	1 pound
4 to 5 pound chicken yields about 3 cups diced cooked meat	
4 to 5 medium sized lemons yield 1 cup juice	
3 medium sized oranges yield 1 cup juice	

Flour and confectioners' sugar should be sifted once before measuring.

The measure of chopped and ground materials will vary slightly, depending on the fineness of the grind and how they are packed into the measuring utensil.

1 cup	½ pint
16 tablespoons	1 cup
3 teaspoons	1 tablespoon
Speck, pinch or dash	less than ⅛ teaspoon

DICTIONARY OF GROCERIES

Anchovy. A tiny fish of the herring family. It is preserved in oil and put up in small bottles, also prepared in paste form and in a table sauce.

Angelica. Candied leaf stalk of an aromatic plant. Used in garnishing and decorating.

Arrowroot. A starch made fom the root of a tropical plant.

Capers. Flower buds of the caper shrub. They are dried and then pickled and put up in small bottles. Used in sauces and salads.

Caviar. Roe of various fish, highly salted. The choicest is the roe of sturgeon from Russia. It is sold in small jars and used as an appetizer.

Chili Powder. A preparation made from the chili pepper. Used as a seasoning.

Curry Powder. A seasoning of Indian origin, made from a number of spices, with turmeric to give it its characteristic yellow color.

Foie Gras. Liver of specially fattened geese. It is sold in small jars in paste form as Pâté de Foie Gras.

Kitchen Bouquet. A spicy sauce, commercially prepared, used in small quantities for both its brown color and piquant flavor.

Salami. A sausage of lean pork and bacon, dried and smoked, used as an appetizer.

Soy Sauce. A brown sauce made from the soy bean and grain, fermented and highly salted.

Tabasco Sauce. A very hot sauce made from tabasco peppers and vinegar.

Truffles. A kind of fungus with an aromatic flavor. They grow underground and are raised almost exclusively in France. They are put up in small cans and jars and are used for seasoning and garnishing.

Turmeric. A yellow powder made from the root of a plant of the ginger family. Used chiefly in pickle making, for its color.

Worcestershire Sauce. A sauce of soy and vinegar foundation, highly seasoned.

BEVERAGES

COFFEE

The aim in making coffee is to preserve in the infusion the natural flavor and aroma of the roasted bean and to avoid the less pleasant characteristics which may be developed by careless methods. Good coffee has **body, smoothness,** and **richness,** and is clear and sparkling. Whether it shall be weak or strong is a point to be determined by the individual.

Since the flavor of coffee is volatile, developing through the roasting process and vanishing gradually with exposure to air, it is important to have coffee freshly roasted and freshly ground. If it is impossible to grind coffee at home, buy it in tins with tight fitting lids or in paraffin paper lined cartons. Keep coffee in a closely covered container after the original package has been opened.

Methods of Making Coffee. There are three generally accepted methods for making coffee — boiling, percolation, and filtration. Filtered or drip coffee has the finest possible flavor. Boiling and percolating, however, sometimes prove more convenient, and if carefully done produce a very good infusion.

Drip Coffee. There are on the market a number of special pots for filtering coffee, or it may be accomplished with a strainer and ordinary pot, or in a percolator. The coffee should be finely ground so that as much of the flavor as possible will be released. The water must boil vigorously just before it is poured. Place the coffee in the upper receptacle of the coffee pot, pour the boiling water slowly over it, cover closely and set where it will keep hot but not boil until the liquid has slowly dripped through into the lower vessel.

Percolator Coffee. Coffee percolators consist of two receptacles, in the upper of which the coffee is placed, the hot water being in the lower vessel. A tube extends from this right up to the center of the upper portion, through which the water, under pressure of heat, rises and sprays over the ground coffee, percolating down into the lower vessel again, and continuing in this manner until the percolator is removed from the fire. With this process also the coffee must be finely ground, though not so fine as for drip coffee.

A short percolation period, not over five minutes, helps to prevent loss of flavor.

Boiled Coffee. Properly made "boiled" coffee is really steeped rather than boiled. Mix the ground coffee with cold water, bring gradually to a full boil, add a dash of cold water and let stand a few minutes to settle. The coffee should be ground not quite so fine as for percolating. A very fine grind is likely to make a muddy infusion.

Use Accurate Measurements. Whatever the method used the proportion of coffee and water will vary according to individual taste, the brand used and the grind. Experiment until you are satisfied and then adhere strictly to your rule. Use accurate level measurements so that there may be no variation in quantities. A general formula for coffee of medium strength is six tablespoons of coffee to one quart of water, but the amount of coffee may vary from four to ten tablespoons.

Serve Coffee Hot. To be at its best coffee must be served very, very hot. When the drip method is used be sure to preheat the pot so that it will not cool the infusion. If coffee must stand after being made set the pot in boiling water and close the spout with a little absorbent cotton or tissue paper to prevent the escape of aroma.

CAFÉ AU LAIT

To rather strong, freshly made, hot coffee add an equal quantity of hot milk. The best method of mixing is to pour the coffee and milk into the cup simultaneously.

ICED POSTUM

8 teaspoons instant postum
½ cup boiling water
3½ cups milk or water
Sugar

Dissolve postum in boiling water. Mix with cold milk or water and add sugar to taste. If water is used, add cream to taste. Serve in tall glasses with cracked ice. Top with whipped cream if desired. Serves 4.

TEA

A teapot of porcelain, earthenware or glass is preferable to one of metal. It should always be thoroughly heated by filling with boiling water before using.

Use from one-fourth to one teaspoon of tea for every cup of water, the exact amount depending on the kind of tea and the strength desired. Place it in the heated pot and pour over it the measured amount of water which has just come to a vigorous boil. Water which has been boiling for some

time makes a flat tasting infusion. Allow the infusion to stand from one to five minutes, taking care not to let it reach the boiling point, and then strain it off. Never allow it to stand on the leaves after it has once reached the desired strength.

RUSSIAN TEA

Russian Tea is a freshly brewed, not too strong tea which may be served either hot or cold. A slice of lemon may be placed in the cup or glass (the Russians always use glasses) over which the hot brew is poured, sugar being added according to individual taste. The Russians consider a rich preserved strawberry a great addition; a maraschino cherry may be used if preserved strawberries are not available.

VARIATIONS

Substitute a slice of orange, a slice of fresh lime, or a strip of tangerine rind for the lemon.

Substitute six cloves for the lemon, putting these into the pot with the tea before it is infused.

Place two or three fresh mint leaves in each cup or glass before pouring in the tea.

ICED TEA

Prepare a strong tea infusion and pour it, hot, over cracked ice in tall glasses. Serve with sugar and lemon. Sprigs of mint or bits of fresh fruit may be used as a garnish and to give added flavor.

If economy of ice is a consideration the tea may be made less strong and cooled before the ice is added but it is not quite so good when prepared in this way.

COCOA AND CHOCOLATE

Cocoa and chocolate are high in nutritive value, especially when prepared with milk, and should be considered as foods when placed on the menu. Since they are slightly stimulating they should be in weakened form when given to children. Cocoa needs thorough cooking in order to cook the starch which is present in considerable amount.

COCOA

2 to 4 tablespoons cocoa
1 to 2 tablespoons sugar
Pinch salt
½ cup water
1 quart milk

Mix cocoa, sugar and salt and combine with the water, which may be either hot or cold, to make a smooth paste. Boil for three minutes. Add milk which has been scalded and blend thoroughly. Beating with a rotary egg beater will prevent the formation of scum. Makes about 1 quart.

STOCK COCOA SYRUP

½ pound cocoa
1 pound sugar
½ teaspoon salt
1 pint water (boiling)

Mix the cocoa, sugar, and salt together, add the boiling water slowly, stirring while adding. Place the mixture in the upper part of a double boiler and cook for half an hour over boiling water, stirring occasionally. When cold, bottle and store in a cool place.

When using this syrup put three or four teaspoons of it in each cup and fill with scalded milk.

CHOCOLATE

1½ to 2 ounces chocolate
3 tablespoons sugar
Pinch salt
½ cup boiling water
1 quart milk
½ teaspoon vanilla

Melt chocolate over hot water, add sugar and salt. Then add the boiling water slowly, stirring constantly to keep the mixture perfectly smooth. Add milk, scalded, and vanilla. Before serving beat with a rotary egg beater until foamy. Makes about 1 quart.

SPANISH CHOCOLATE

Follow the recipe for Chocolate, using only one and one-half ounces chocolate and substituting two cups freshly made strong coffee for two cups of the milk. Flavor with a pinch of cinnamon or with vanilla.

ICED COCOA OR CHOCOLATE

Make cocoa or chocolate according to directions, cool and serve in glasses with cracked ice. The Stock Cocoa Syrup may be used as a basis for iced cocoa.

MALTED MILK

Malted milk forms an excellent base for nutritive drinks either hot or cold.

If malted milk is being served purely as a beverage it may be made with boiling water. For individual service place one to one and one-half tablespoons of malted milk in a cup, add sufficient boiling water to moisten and stir until thoroughly smooth, then fill the cup with boiling water, adding, if desired, a dash of salt.

If, however, a really nutritive beverage is needed substitute scalded milk for the water and top with a little cream, adding salt as before, and putting a dash of grated nutmeg, cinnamon, or other preferred spice on the whipped cream.

EGG MALTED MILK (HOT)

1 egg
1 tablespoon malted milk
Few grains salt
2 teaspoons sugar
1 cup scalded milk

Beat together thoroughly the egg, malted milk, salt, and sugar. Add the scalded milk, and strain into a tall glass. A dash of nutmeg, ginger, or cinnamon may be added just before serving.

CHOCOLATE MALTED MILK

2 teaspoons malted milk
Few grains salt
2 tablespoons stock cocoa syrup
Scalded milk or boiling water

Blend malted milk, salt, and cocoa syrup in a cup. Add hot milk or water and stir until well blended. Serve with whipped cream if desired.

MALTED COFFEE

2 cups strong coffee
6 tablespoons malted milk
¼ cup sugar
1½ cups milk
½ cup cream

Add the hot coffee gradually to the malted milk and beat until free from lumps. Add sugar and stir until dissolved. Add milk and cream, chill and serve with cracked ice. Makes about 1 quart.

FRUIT JUICE BEVERAGES

Beverages made with fruit juices are not only refreshing but have made a real place for themselves as foods on account of the minerals, vitamins, and valuable acids that they contain.

Any variety of fresh or canned fruit may be used in their preparation; fruit juices, bottled at home or commercially are particularly convenient because they are all ready for use. Gingerale, carbonated water, and sparkling spring waters add zest. Lemon, rhubarb or some other very tart fruit juice is needed in every punch. Slices of lemon or orange, red or green cherries, bits of fruits of various kinds, sprigs of mint, make effective garnishes.

For serving beverages from a punch bowl small handled cups are used. When the drink is served with a meal or as a part of afternoon or evening refreshments either small beverage glasses or tall thin glasses are correct, the choice between them depending on the occasion and the part the beverage plays in the menu.

Punch cups and small glasses hold about one-third of a cup of liquid; tall glasses average about a cupful.

BLACKBERRY SHRUB

1 quart blackberry juice
Sugar
1 cup grape juice
2 oranges

Prepare blackberry juice by cooking berries with just enough water to keep them from burning. Strain and add sugar, pound for pound. Add the grape juice and orange juice. Fill glasses one-third full, add charged water or just shaved ice. Makes about 1½ quarts.

CHERRY PUNCH

Several sprigs mint
4 cups fresh cherry juice
Sugar

Crush the leaves of mint in a bowl, add cherry juice and enough sugar to sweeten. Serve half a glass poured over a glass of ice. Makes about 1 quart.

CLOVE LEMONADE

1 pint water
6 lemons
1 teaspoon whole cloves
2 cups sugar

Boil together the water, lemon juice, cloves and sugar until thoroughly dissolved. Use two tablespoons syrup to each glass, filling up with charged water and ice. Makes about 1 quart.

MULLED CIDER

2 inches stick cinnamon
6 cloves
½ teaspoon allspice
2 quarts cider
3 eggs
½ cup sugar
Grated nutmeg

Tie the spices in a square of cheesecloth, add them to the cider and bring slowly to boiling point. Beat the eggs with the sugar, pour the hot cider over them, strain into glasses and grate a very little nutmeg over each serving.

CURRANT PUNCH

1 teaspoon ground ginger
1 teaspoon cinnamon
Dash nutmeg
3 cups sugar
2 quarts fresh currants

Add the ground ginger, cinnamon, nutmeg and sugar to the fresh currants. Cook fifteen minutes, strain and cool. Serve one part juice to three of water over cracked ice. Makes 1½ quarts.

ESKIMO CUP

1 cup grapefruit juice
½ cup lemon juice
½ cup sugar
1 cup water
1 pint ginger ale

Mix the fruit juices, sugar and water and stir until the sugar is dissolved. Add ginger ale and serve with cracked ice. Makes about 1¼ quarts.

GRAPE GINGER

1 quart water
1 cup sugar
1½ cups grape juice
½ cup lime juice
1 pint ginger ale

Dissolve the sugar in water and add remaining ingredients. Serve with ice. Makes about 2 quarts.

LEMONADE SYRUP

1 pound sugar
1 pint water
6 lemons

Cook the sugar and water together without stirring until it is a thick syrup, adding the grated outer rind of one of the lemons.

When this is cool, add the juice of the lemons, and bottle. Dilute with ice water for lemonade. The syrup may also be used as a basis of many cooling drinks.

MINTED RASPBERRYADE

2 cups raspberries
1½ cups sugar
Few sprigs mint
2 lemons
2 oranges
Water

Crush berries and heat slowly to extract the juice, adding a little water if necessary. Strain juice through cheesecloth. Add sugar and crushed mint. Cool and add juice of lemons and oranges. Dilute with twice the quantity of cold water and serve with cracked ice with a sprig of mint in each glass. If fresh mint is not available a few drops of spearmint extract may be used. Makes about 2½ quarts.

MINT WALLOP

6 teaspoons tea
Several sprigs mint
4 lemons
2 oranges
1 quart boiling water
2 cups sugar
1 quart white grape juice
1 quart cold water
Green coloring

Put the tea, mint, and the grated rind of two lemons and oranges into a pitcher and pour the boiling water over. Let stand until cool, add juice of lemons and oranges, and strain. Add sugar, grape juice and cold water and stir until the sugar is well dissolved. Add enough coloring to make the liquid a delicate green. Serve with ice. Makes 4 quarts.

PINEAPPLEADE

1 cup sugar
½ cup water
3 cups ice water
2 lemons
2 cups pineapple juice

Make a syrup by boiling sugar with one-half cup of water for ten minutes. Chill. Add ice water, juice of lemons and pineapple juice. Makes about 1½ quarts.

PRISCILLA PUNCH

1½ cups orange juice
1 cup sugar
1 quart ginger ale

Add the orange juice to the sugar and let stand several hours. Add ginger ale and serve with cracked ice. Makes about 1½ quarts.

RASPBERRY MINT

1 quart lemonade
1 pint raspberry syrup
1 cup crushed pineapple
Sprigs of fresh mint

Sweeten the lemonade to taste before adding the grated pineapple and the raspberry syrup. Crush some mint leaves and add. Chill on ice for two hours, dilute with a little ice water, or cracked ice may be added. Garnish the tops of the glasses with floating sprigs of mint. Makes about 2 quarts.

RASPBERRY PUNCH

1½ cups juice from canned raspberries
½ cup lemon juice
1 cup orange juice
½ cup sugar
8 thin slices cucumber
1 quart Apollinaris water

Mix the fruit juices, sugar, and a little grated orange rind. Add cucumber, rind left on, and let stand in the refrigerator for several hours. Strain, mashing the cucumber a little, and add Apollinaris water. Serve with cracked ice. Fresh raspberry juice may be used in place of the canned, in which case a little more sugar may be needed. Makes 1½ quarts.

TEA PUNCH

2 cups sugar
2 cups water
1 pint tea infusion
4 lemons
4 oranges
1 pint cherry juice
1 cup crushed pineapple
1 quart Apollinaris or other spring water
Ice water

Boil the sugar and the two cups of water together for ten minutes; when it is cold add the tea infusion and the fruit juices. Let stand awhile, and then add the spring water, and enough ice water to make of the desired strength. Makes 4 to 5 quarts.

CEREALS

When grains are prepared for use as food they are known as cereals. Wheat, oats, and corn are most extensively used in this country; rye, rice, buckwheat, and barley are also important.

Cereals, as such, are most commonly served as breakfast dishes, but in varied forms, cereal products have a multiplicity of uses. Bread, for example, is a cereal food. Macaroni and spaghetti are cereals.

As food, cereals are valuable first of all for their high starch content which is utilized in the body as heat and energy. They are among the least expensive of the energy producing foods. They can be depended on, too, to furnish a small amount of protein and, when the whole grain is used, provide minerals, vitamins and roughage, all of which are essential in the dietary. The refined cereal products have their uses but it is in the outer coats of the grains that these peculiarly important substances lie, and cereal is at its best as an all-around food when they are retained.

Cereals are available today in extensive and interesting variety. By granulating, flaking, and shredding, and processing in different ways flavor is developed and the form so varied that, even though the grains are relatively few, there is no monotony in cereal products.

Cereals need long, slow cooking to soften the cellulose which they contain and to make the starch palatable. With many of the well-known breakfast cereals part of the cooking has been done so that only a short time is required to make the products ready to serve. The "ready-cooked" cereals which are familiar in flaked, puffed, and shredded form have been completely cooked in the factory.

COOKING CEREALS IN DOUBLE BOILER

The double boiler method of cooking cereals is, in general, the most satisfactory, for it eliminates danger of burning.

Put the required amount of water in the top part of a double boiler, add a teaspoon of salt to every quart, and bring to the boiling point. Sprinkle in the cereal slowly, stirring constantly. In this way the cereal will be free from lumps. Let boil for two or three minutes, then place over boiling water and cook until done.

The table below is for use with cereals which have had no precooking. The proportions of cereal to water may be varied somewhat to conform to individual taste as to consistency.

Corn Meal, 1 cup	Water, 4 cups	Time, 1 hour
Farina, 1 cup	Water, 4 cups	Time, ½ hour
Hominy Grits, 1 cup	Water, 4 cups	Time, 3 hours
Whole Hominy, 1 cup	Water, 4 cups	Time, 6 hours
Rolled Oats, 1⅓ cups	Water, 4 cups	Time, 2 hours
Oatmeal, 1 cup	Water, 4 cups	Time, 6 hours
Rice, 1 cup	Water, 4 cups	Time, ¾ hour
Cracked Wheat, ⅔ cup	Water, 4 cups	Time, 4 hours

When using the partially cooked cereals follow the directions on the package.

BOILING CEREALS

The cereals which need only a little cooking may be cooked by direct boiling. Heat the measured water to the boiling point, add a teaspoon of salt to each quart and sprinkle in the cereal, stirring constantly. Boil gently for the required time, stirring often to prevent sticking.

BOILED RICE

To cook rice so that each grain is separate use a large amount of boiling water. Have the water (at least three quarts for every cup of rice) boiling briskly. Add a teaspoon of salt for each quart. Wash rice thoroughly and sprinkle into the water so slowly that boiling does not stop. Boil rapidly until the rice is tender (twenty to thirty minutes), drain in a colander and rinse with cold water. Let stand in a warm oven to dry out slightly. Brown rice and wild rice, which retain the outer coatings of the grain, require longer cooking than white rice.

CEREAL WITH DRIED FRUIT

Five minutes before taking cereal from the stove add cut up dried fruit such as raisins, dates, figs, or soaked prunes or apricots. Use from one-half to one cup of fruit to a quart of cereal.

CEREAL COOKED IN MILK

Use equal parts milk and water, following the double boiler method. Start the cooking with water alone and add milk after placing the cereal over boiling water.

FRIED CEREAL

Turn freshly cooked cereal into a loaf pan or cylindrical mold. When cold and firm, unmold and cut in slices. Roll each slice in flour and sauté in a small amount of cooking fat until delicately browned. Serve with syrup or jelly.

MOLDED CEREAL

Turn freshly cooked cereal into individual molds. When cold unmold and serve with sugar and cream or with fresh or stewed fruit. Left-over cereal can often be utilized in this way as a dessert. Sugar may be added before molding if desired.

MACARONI, SPAGHETTI AND NOODLES

(See Index for Recipes)

Macaroni is a cereal product, made from durum semolina, a special variety of hard wheat. The wheat is ground, mixed to a paste with water, shaped in tube-like form and dried. Spaghetti is simply one of the special forms into which the macaroni paste is shaped. Alphabets, elbows, shells and so on are all made from the same foundation. For noodles egg is added to the paste, which is then rolled thin and cut in strips.

Macaroni is not used to any extent as a breakfast cereal but it is often served with meat in place of a starchy vegetable and is the foundation of numerous luncheon and supper dishes. Whether it is to be served plain or combined with other ingredients it is first cooked until tender in boiling salted water.

BOILED MACARONI

Use a large amount of water for cooking macaroni products and keep it boiling briskly. Allow plenty of room in the kettle to prevent boiling over. Cook until tender, turn into a colander and rinse with cold water, if desired, to prevent sticking together.

BREAD

Bread, the food which forms the background of our dietary, appears in a great number of forms and varies greatly in its composition. Flour and liquid are the two essential ingredients.

The term **bread** usually denotes a loaf form, whether raised with yeast or other leavening.

Rolls is the name given to yeast bread in small forms. It is sometimes used also for quick breads in similar forms.

Muffins are a quick bread baked in small pans or muffin rings. **Raised muffins** are rolls baked in muffin pans.

Gems are identical with muffins, but baked in pans of special shape — long and narrow with rounded bottoms.

Biscuits are a form of quick bread made of a dough stiff enough to roll out.

Dumplings are biscuits cooked by steaming over hot water or by boiling on top of stew or a sweet sauce.

Popovers are a special form of quick bread, made from a thin batter with air as the leavening agent.

Spoon bread can best be described as a baked corn meal custard. It is served with a spoon from the dish in which it is baked, and eaten with a fork.

Pancakes or **griddle cakes** are a thin quick bread mixture, cooked on a griddle.

Waffles are similar in composition to pancakes, cooked in a special mold.

YEAST BREADS

Ingredients

The ingredients essential to yeast breads are yeast, flour and water.

Yeast. — Yeast is a microscopic plant which, when food, moisture, warmth and air are supplied, grows rapidly, giving off carbon dioxide. It is this gas, pushing up through the dough that makes the bread rise.

Compressed yeast which is marketed in small cakes is made up of millions of yeast plants, ready for action just as soon as conditions are made right for them.

In dry yeast the plants are mixed with corn meal and then dried. They are less readily active than in the compressed form and will keep for a longer time.

Flour. — Hard or spring wheat flour is best adapted to bread making. It is high in gluten which gives it elasticity, the property that allows the dough to expand without losing the gas bubbles. The highly refined white flour makes the dough that is most easily handled and makes the loaf most perfect in texture. It is possible to substitute for it, in part at least, the coarser graham or whole wheat flour and flour made from other grains, so desirable for their nutritive properties and for the variety which they provide.

Liquid. — Either milk or water can be used satisfactorily in bread. Milk makes the richer, more nutritive loaf. Water in which potatoes have been boiled is a liquid favorable to the action of yeast and makes a moist crumb.

Other Ingredients. — Salt is desirable even though it slightly retards the action of yeast. It gives a flavor which we consider almost indispensable and prevents the development of undesirable elements.

Sugar, in small amount, hastens the action of the yeast and is usually considered to improve the flavor of the bread.

Shortening adds flavor, makes the bread tender and helps to keep it moist. As the quantity of shortening is increased the time necessary for rising is lengthened. Any cooking fat or oil may be used in bread.

General Method for Making Bread

The quick method of bread making generally proves the most satisfactory. A large proportion of yeast is used (one-half cake to each cup of liquid) and the dough is mixed directly. By this method the whole procedure can be carried through in five hours and all the disasters that may

occur during overnight rising are avoided. An even larger amount of yeast may be used without detection if the dough is properly handled. It is not yeast that imparts an unpleasant flavor to bread, but the results of over-rising, and when a large proportion of yeast is present a watchful eye must be kept on the proceedings.

If dry yeast is used better results can be obtained by first adding it to a sponge made with the liquid and part of the flour. In this medium the long dormant yeast cells become active more quickly than in the stiff dough.

Temperatures in Bread Making. — An all important point is the temperature. Yeast is a living thing and must have proper environment for growth. If the temperature is too cool, the action is retarded, while if it is allowed to become too hot the yeast is entirely destroyed. Yeast thrives best in an atmosphere a little warmer than room temperature (about 80°). For this reason the ingredients should be lukewarm when combined and the dough kept in a warm place, protected from drafts, while it is rising. A chemical thermometer inserted in the center of the dough is the surest way of obtaining accuracy.

Mixing the Dough. — Milk should be scalded and water boiled in order to kill all the micro-organisms which might develop and interfere with action of the yeast. Salt, sugar, and shortening are added to the hot liquid and when it has cooled to lukewarm the yeast, softened in a little warm water, is added, then the flour.

Kneading. — Bread dough must be kneaded after it is first mixed to blend the ingredients thoroughly and to distribute the yeast plants, and again, after it has risen, to reduce the size of the gas bubbles which have formed and spread them evenly through the dough.

To knead dough by hand gather it into a ball on a floured board, push it away with the palms of the hands, using a firm touch, fold the back edge over to the center and again push away. Turn the dough a quarter of the way around and repeat the kneading motion. Continue until the dough feels smooth and elastic and does not stick to the board.

If bread is made frequently and in quantity a mechanical mixer will prove a time and labor saver.

Rising. — Brush the dough over with melted fat or cooking oil to prevent a crust from forming as it stands. A crust interferes with the rising and makes streaks in the bread. Place in a greased bowl and cover with a lid or clean towel.

Let the bread rise until it is light. It will have increased in bulk from two to three times its original size, gas bubbles will show on the surface and the dough will not spring back when indented.

When the dough has risen knead it down and let it rise again until doubled in bulk. If time is limited this second rising may be omitted.

Shaping into Loaves. — To mold the dough into loaves first knead it down again and divide it into two equal portions. Allow it to stand on the molding board for ten minutes to "loosen up." This makes the dough easier to handle and thus avoids over-manipulation which makes bread tough. It is also well to let dough stand for a few minutes between the mixing and the first kneading. To produce a loaf of bread perfect in shape, fill the pans half full. Brush the top of the dough with fat and let it rise until doubled in bulk.

Baking. — Put the bread into an oven hot enough to stop the action of the yeast quickly. Use 400° for the first fifteen minutes and then finish at 350° for thirty-five minutes, or, if it is more convenient to keep a constant temperature over the whole period, 375° will give good results.

WHITE BREAD

2¼ cups milk or water
1 yeast cake
2 teaspoons salt
1 tablespoon sugar
1 tablespoon shortening
About 7 cups flour

Scald the liquid and in one-quarter cup of it, cooled to lukewarm, soften the yeast. To the rest add the salt, sugar and shortening and cool until lukewarm. Then add the yeast to it. Add the flour, using just enough to make a dough that can be handled. Mix well and knead until smooth and elastic. Let rise in a warm place until increased in bulk between two and three times. Knead down, shape into loaves and place in greased pans. Let rise until doubled in bulk and bake in a moderately hot oven. Time in baking, 50 minutes. Temperature, 400° for 15 minutes, 350° for 35 minutes. Makes 2 loaves.

WHOLE WHEAT OR GRAHAM BREAD

Substitute whole wheat or graham flour for half to two-thirds of the white flour in the white bread recipe. Extra sugar (two to four tablespoons) may be used if desired. Brown sugar or molasses is especially good.

RYE BREAD

Substitute rye flour for half to two-thirds of the white flour in the recipe for White Bread.

COCOA BREAD

¼ cup cocoa
¼ cup sugar
½ teaspoon salt
1 cup milk
3 tablespoons shortening
1 yeast cake
¼ cup lukewarm water
About 3½ cups flour

Mix the cocoa, sugar, and salt. Add the milk, which has been scalded, and the shortening. Let stand until lukewarm and add the yeast, which has been softened in lukewarm water. Add enough flour to make a dough which can be handled and knead until smooth and elastic. Let rise until doubled in bulk. Cut down and knead again. Shape into a loaf, place in a greased pan and let rise until doubled in bulk. Bake in a moderate oven. Half a cup of broken walnut meats may be added to the dough at the second kneading.

Time in baking, 1 hour. Temperature, 350°. 1 loaf.

OATMEAL BREAD

1 cup milk
1 cup rolled oats
2 tablespoons brown sugar
¾ teaspoon salt
1 tablespoon shortening
1 yeast cake
¼ cup lukewarm water
About 2½ cups flour

Scald the milk and pour over the rolled oats. Add sugar, salt, and shortening. Let stand until lukewarm and add the yeast cake, which has been softened in lukewarm water. Add enough white flour to make a dough that can be handled, and knead until smooth and elastic. Let rise until doubled in bulk. Cut down and knead again. Shape in a loaf, place in a greased pan and let rise again until doubled in bulk. Put in a moderately hot oven and after 15 minutes reduce the temperature to moderate.

Time in baking; 15 minutes, 375°; 40 minutes, 350°. 1 loaf.

POTATO RYE BREAD

1 cup potato water or water
1 tablespoon shortening
2 teaspoons sugar
¾ teaspoon salt
1 yeast cake
¼ cup lukewarm water
½ cup riced potato
2 cups rye flour
About 2 cups white flour

Scald the liquid, add the shortening, sugar, and salt and cool until lukewarm. Add the yeast cake, which has been softened in lukewarm water. Add the potato, rye flour, and enough white flour to make a dough that can be handled. Knead until smooth and elastic and let rise until doubled in bulk. Beat thoroughly, turn into a greased bread pan and let rise until doubled in bulk. Put into a hot oven and after ten minutes reduce the heat to moderate.
Time in baking, ten minutes, 400°; 40 minutes, 350°. 1 loaf.

PRUNE BREAD

1 cup prunes
1 cup milk
3 tablespoons shortening
½ cup prune juice
4 teaspoons sugar
2 tablespoons molasses
2 teaspoons salt
1 yeast cake
½ cup lukewarm water
2 cups graham flour
About 5½ cups white flour

Soak the prunes in cold water over night and cook until soft. Remove stones and cut in small pieces. Scald the milk and add shortening, prune juice, sugar, molasses and salt. When lukewarm, add yeast which has been softened in warm water. Add graham flour, prunes and enough white flour to make a stiff dough. Knead until smooth and let rise until doubled in bulk. Cut down, shape into loaves, and let rise again until doubled in bulk. Bake in a moderately hot oven.
Time in baking, 1 hour. Temperature, 375°. 2 medium sized loaves.

RAISIN BREAD

1 cup milk or water
2 tablespoons shortening
3 tablespoons sugar
¾ teaspoon salt
½ teaspoon cinnamon
1 yeast cake
¼ cup lukewarm water
1 cup seedless raisins
1 cup whole wheat flour
About 2½ cups white flour

Scald liquid and add shortening, sugar, salt, and cinnamon. Cool until lukewarm. Add the yeast cake which has been softened in lukewarm water, and the raisins. Add whole wheat flour and enough white flour to make a dough which can be handled. Knead until smooth and elastic and let rise until

doubled in bulk, cut down and knead again. Shape into a loaf, place in a greased pan, and again let rise until doubled in bulk. Put into a moderately hot oven and after ten minutes reduce the temperature to moderate.
Time in baking, 10 minutes, 375°; 40 minutes, 350°. 1 loaf.

WHOLE WHEAT FRUIT LOAF

¾ cup milk
¼ cup brown sugar
1 teaspoon salt
1 yeast cake
¼ cup lukewarm water
1 cup white flour
3 tablespoons shortening
½ cup seedless raisins
½ cup dates, cut in pieces
½ cup walnut meats
1½ cups whole wheat flour
About ½ cup white flour

Scald the milk, add sugar and salt, and cool until lukewarm. Add yeast, softened in lukewarm water, and the cup of white flour. Let the mixture stand until light and full of bubbles. Add shortening, melted, the fruit and nuts, whole wheat flour, and enough white flour to make a dough which can be handled. Knead thoroughly and let rise until doubled in bulk. Cut down, knead again, shape in a loaf, place in a greased pan; and let rise until doubled in bulk. Bake in a moderate oven.
Time in baking, 50 minutes. Temperature, 350°. 1 loaf.

ROLLS

2 cups milk
2 yeast cakes
¼ cup shortening
2 tablespoons sugar
1 teaspoon salt
6 cups flour

Scald the milk. Cool half a cup of it until lukewarm and soften the yeast in it. To the rest add the shortening, sugar and salt, and cool until lukewarm. Add the yeast and two cups of flour and beat until smooth. Let rise until full of bubbles. Add enough flour to make a dough that can be handled (about four cups) and knead until smooth and elastic. Let rise until tripled in bulk. Cut down and knead thoroughly. Shape and place on greased baking sheets. Let rise until doubled in bulk. Brush the tops with melted butter and bake in a hot oven.
Time in baking, 15 to 20 minutes. Temperature, 425°. Makes 3 dozen small rolls.

Plain Rolls — Cut the dough in pieces of uniform size, no larger than a small egg, roll into balls, brush with melted butter and place close together in a baking pan.

Parker House Rolls — Roll the dough into a sheet about one-fourth inch thick and cut with a biscuit cutter. Through the center of each make a crease with the blunt side of a knife, brush one half with melted butter, fold the other over on to it and press the edges together. Arrange on a baking sheet so they do not touch.

Clover Leaf Rolls — Shape the dough into balls about the size of large marbles, brush with melted butter and place three together in muffin pans.

Finger Rolls — Cut the dough in strips and roll into finger shaped pieces. Place two inches apart on the baking sheet.

ICE BOX ROLLS

1 yeast cake
½ cup lukewarm water
⅔ cup shortening
⅔ cup sugar
1 teaspoon salt
1 cup mashed potato
1 cup milk
2 eggs
Flour

Soften yeast in lukewarm water. Add shortening, sugar, salt and potato to the milk which has been scalded. When cooled to lukewarm add the yeast. Mix thoroughly, add well beaten eggs and stir in enough flour to make a very stiff dough. Turn out on to a floured board and knead well. Put into a large bowl to allow for slight rising, cover with a cloth and set in the refrigerator. When wanted, cut off as much dough as is needed, shape into rolls, let rise until doubled in bulk and bake in a hot oven.

Time in baking, 20 minutes. Temperature, 425°. 3 dozen small rolls.

FANCY YEAST BREADS

FOUNDATION FOR FANCY YEAST BREADS

1¼ cups milk
2 yeast cakes
3 eggs
3 teaspoons salt
⅛ cup sugar
4¼ cups flour
¼ cup melted shortening

Heat milk to 80° (lukewarm). Put into mixing bowl. Break yeast into milk. Add eggs, salt, and sugar. Beat with a rotary egg beater until smooth. Add all of flour at one time. When flour is partially mixed with liquid, add shortening. Mix until smooth. Turn on to a floured molding board or cloth. Knead into round smooth ball (about five minutes). Put into greased mixing bowl. Lightly cover top of dough with melted shortening. Let rise in warm place (80°) for two hours. (Dough should have doubled in bulk.) Knead down and let rise forty-five minutes. Mold into any desired form.

BRAIDED TEA RING

Shape Fancy Yeast Bread dough with hands into three strips fifteen inches long, one-half inch wide, one inch thick. Bring three strips together at top. Seal by pressing together with fingers. Braid dough so that there are no open spaces, being careful not to get it too loose. Seal bottom end pieces. Bring two ends together to form circle, working sealed edges underneath. Lift into greased pie pan ten to twelve inches in diameter. Brush top with melted shortening. Put tin cup into center to hold dough in place. Let rise in warm place until doubled in bulk. Brush with beaten egg. Sprinkle with finely cut almonds. Bake in moderately hot oven. Ice with confectioners' sugar icing or dust with confectioners' sugar. Serve hot or cold.

Time in baking, 20 minutes. Temperature, 400°.

BROWN SUGAR NUT BUNS

Shape Fancy Yeast Bread dough into oblong sheet one-half inch in thickness. Spread with melted shortening. Sprinkle with raisins and a mixture of one-half cup sugar and one teaspoon cinnamon. Roll like a jelly roll. Seal edges by pressing together with fingers. Cut into slices one inch thick. Into the bottom of each greased muffin pan put one tablespoonful melted butter, medium brown sugar to one-fourth inch thickness and four to six nut meats. Into each muffin pan put one of the slices, cut sides up and down. Let rise in warm place until doubled in bulk. Bake in moderately hot oven. Invert muffin pan on cooling

rack. Let hang a few seconds before removing. Serve hot or cold.

Time in baking, 20 minutes. Temperature. 400°. 2 dozen buns.

COFFEE CAKE

Spread Fancy Yeast Bread dough in shallow, greased pans. Let rise until light. Spread with soft butter and a thick layer of sugar and cinnamon mixture. Bake in a hot oven. Serve hot.

Time in baking, 20 minutes. Temperature, 400°.

BUTTER CAKES

2 cups boiling water
1½ teaspoons salt
3 tablespoons sugar
2 tablespoons shortening
¼ cup riced potato
2 yeast cakes
About 6 cups flour

Pour one and one-half cups of the boiling water over the salt, sugar and shortening. Add potato, which should be fresh cooked, and cool until lukewarm. Cool the other half cup of water until lukewarm and soften the yeast in it. Add to the first mixture and add enough flour to make a soft dough. Knead lightly. Let rise until doubled in bulk (about one hour). Cut down and shape into flat round cakes about two and one-half inches in diameter. Let rise until doubled in bulk. Cook on a hot griddle, letting one side brown well and then turning to brown the other side. Serve immediately. 18 cakes.

ENGLISH MUFFINS

2 cups milk
1 yeast cake
About 5½ cups flour
½ cup melted shortening
2 eggs
2 teaspoons salt
1 tablespoon sugar

Scald milk and cool until lukewarm. Soften yeast in two tablespoons of milk and add to the rest. Add two and one-half cups flour, beat well and let rise until light and full of bubbles. Add shortening, beaten eggs, salt, sugar and flour to make a dough as soft as can be handled. Let rise until doubled in bulk. Knead down, cut off pieces of dough and shape in large flat biscuits

four inches in diameter and one-third inch thick. Let rise on a well floured board until light. Remove with a broad spatula to a hot griddle. Cook slowly until browned on one side, then turn and brown the other side. Tear apart, toast and spread with melted butter.

Time in cooking, 12 minutes each. 12 muffins.

HOT CROSS BUNS

2 yeast cakes
½ cup water
1½ cups milk
½ cup sugar
⅓ cup shortening
2 eggs
1 teaspoon salt
¾ cup seedless raisins
About 7 cups flour

Soften the yeast in the water which has been boiled and cooled until lukewarm. Add to the milk, scalded and cooled to lukewarm, two tablespoons of sugar and two cups flour. Beat this sponge until free from lumps and let rise until light and full of bubbles. Cream the shortening with the rest of the sugar, beat in the eggs and add the salt. Stir into the sponge, add raisins and enough flour to make a dough that can be handled. Knead until smooth and let rise until doubled in bulk. Shape into round buns and place about two inches apart on greased baking sheets. Brush the tops with melted shortening. Let rise until doubled in bulk and make two cuts in the form of a cross on the top of each bun. Bake in a hot oven, brushing over the tops of the buns with a sugar and water solution a few minutes before taking them from the oven. Fill in the line of the cross with icing made of confectioners' sugar and egg white.

Time in baking, 20 minutes. Temperature, 425°. 3 dozen buns.

QUICK BREADS

Quick breads are raised by some leavening agent which is quick in its action. These breads are baked immediately after mixing, the rising taking place during the cooking process. Muffins, biscuits, popovers, waffles, and griddle cakes come under this classification.

LEAVENING AGENTS

Baking powder is the leavening agent most commonly used in quick breads. It is a combination of sodium bicarbonate (common baking soda)

with an acid. When moisture and heat are supplied these two substances react to form carbon dioxide gas which bubbles up through the mixture, making it light. In the manufacture of baking powder a filler of starch is used to keep the ingredients from absorbing moisture and reacting on each other in the can.

There are three types of baking powder — cream of tartar, phosphate, and alum, named from the form of acid used in them. None of them, in the small quantities in which they are used, is injurious to health.

The usual allowance of baking powder is two teaspoons to every cup of flour. The addition of eggs decreases the amount required.

Baking soda can be substituted for baking powder in any recipe in which an acid is already present. One-half teaspoon soda to one cup thick sour milk or cream or to one-half cup molasses is equal in action to two teaspoons baking powder.

Air, incorporated into a mixture in well beaten eggs or simply by beating the mixture itself, will expand when heated and act as leavening.

Steam, generated by a large proportion of liquid in a mixture, together with incorporated air, expands on heating and causes a batter to rise.

BATTERS AND DOUGHS

A batter is a mixture of flour and liquid of such a consistency that it can be poured or dropped from a spoon. A dough is a similar mixture, but stiff enough to be handled on a molding board.

A quick bread batter or dough contains leavening of some sort. Usually salt and shortening are added, and frequently eggs, sugar, flavorings, and enriching ingredients such as nuts and fruits.

GENERAL TABLE FOR BATTERS AND DOUGHS

Kind	*Liquid*	*Flour*	*How Used*
Thin Pour Batter	1 cup	1 cup	Popovers
Thick Pour Batter	1 cup	1½ cups	Pancakes, Waffles
Drop Batter	1 cup	2 cups	Muffins, Cakes
Soft Dough	1 cup	2½–3 cups	Quick Bread in Loaves, Biscuits, Doughnuts
Stiff Dough	1 cup	4–5 cups	Pastry, Rolled Cookies

These proportions are not followed absolutely in every recipe. To gain the slightly different results that are desired in different instances some variation is essential. Then, too, eggs and shortening have to be considered in counting up the liquid so that a recipe which seems at first glance out of proportion may actually conform quite closely to the schedule.

METHODS OF MIXING

Muffin Method. — This is the method most commonly used for mixing quick breads — it is not limited to the making of muffins.

The dry ingredients are sifted together, the liquids, including beaten egg, added, and last the shortening, melted, is stirred in.

Cake Method. — This is the method used when the recipe contains a relatively large amount of shortening, and sugar.

The shortening is creamed and the sugar added, then beaten egg, liquid, and last, dry ingredients. Mixing in this way makes the texture of the product less bread-like than when the muffin method is followed.

Biscuit Method. — The dry ingredients are mixed, the shortening worked in with a cutter or the finger tips and the liquid added. Flakiness is a characteristic of the products combined in this way.

Over manipulation must be guarded against in mixing quick breads except those of the thin batter type which depend for their lightness, wholly or in part, on the incorporation of air. Long beating of the batter for muffins or loaf bread causes tunnels in it. Kneading biscuit dough results in toughness. Vigorous beating, however, is necessary to popovers, and waffles are improved by it.

QUICK BREAD IN LOAF FORM

For quick bread in loaf form the dark flours are most often used or the batter is enriched with eggs, fruit, or nuts. A plain quick bread of all white flour does not correspond in popularity to white yeast bread.

Quick bread may be either baked or steamed. The latter method of cooking is used chiefly for New England brown bread.

For baking quick breads in loaves a moderate oven (325°–350°) is used.

BRAN BREAD

2 cups white flour
2½ teaspoons soda
½ cup sugar
1 teaspoon salt
2 cups bran
2 cups graham flour
2 cups sour milk
1 cup molasses
1 egg
½ cup hot water
1 cup raisins
½ cup walnut meats

Sift white flour, soda, sugar and salt. Mix thoroughly with the bran and graham flour. Mix milk with molasses and well beaten egg, add to dry ingredients and mix thoroughly. Add hot water and lastly the raisins and walnut meats, cut fine and dredged in flour. Bake in greased bread pans in moderate oven.

This recipe may be varied by using either buttermilk or sweet milk instead of sour milk, also by using two teaspoons baking powder (sifted with the flour and soda) instead of the egg. Chopped dates or figs may be added, or substituted for the raisins, and the nuts may be omitted.
Time in baking, 1¼ hours. Temperature, 350°. 2 medium sized loaves.

BAKED BROWN BREAD

½ cup corn meal
½ cup graham flour
1 cup white flour
2 teaspoons soda
Pinch salt
1 cup raisins, prunes, or nuts
½ cup molasses
1½ cups sour milk

Sift together the dry ingredients. Add fruit or nuts, molasses, and sour milk. Turn into a greased bread pan and let stand one hour. Bake in a moderate oven. Turn bread and pan upside down and leave until cool. This makes the bread very moist.

Time in baking, 1 hour. Temperature, 325°. 1 loaf.

STEAMED BROWN BREAD

½ cup white flour
½ cup rye flour
1 cup graham flour
1 cup corn meal
¾ teaspoon soda
1 teaspoon salt
2 teaspoons baking powder
¾ cup molasses
1¾ cups milk

Mix and sift the dry ingredients and return to the mixture the bran which has been separated from the graham flour in the process of sifting. Mix molasses and milk and add to the dry ingredients. Beat thoroughly, turn into a greased mold, and steam two hours. Sour milk may be used in this recipe by omitting the baking powder and using two teaspoons soda. 1 loaf.

CORN BREAD

1 cup corn meal
1 cup flour
2 tablespoons sugar
4 teaspoons baking powder
½ teaspoon salt
1 egg
1 cup milk
2 tablespoons shortening

Mix and sift dry ingredients. Beat egg, add milk and combine the two mixtures. Add melted shortening. Turn into a greased shallow pan and bake in a moderately hot oven.
Time in baking, 20–25 minutes. Temperature, 400°. Serves 8.

DATE LOAF

1½ cups brown sugar
1 teaspoon salt
2 cups sour milk
2 teaspoons soda
3½ cups graham flour
1 pound dates, cut in pieces

Mix all the ingredients, turn into a greased loaf pan and bake in a moderate oven.
Time in baking, 1 hour. Temperature, 350°. 1 large loaf.

NUT BREAD

2 cups white flour
2 cups graham flour
1 teaspoon soda
1 teaspoon salt
2 teaspoons baking powder
¾ cup sugar
½ cup molasses
2 cups sour milk
1 cup nut meats

Mix and sift dry ingredients. Add molasses and milk and mix thoroughly. Add nut meats broken in pieces. A cup of raisins or other dried fruit, cut in pieces, may also be added if desired. Turn into a well greased bread pan and bake in a moderate oven.
Time in baking, 1½ hours. Temperature, 325°. 1 large or 2 small loaves.

GRAPENUT BREAD

1 cup grapenuts
2 cups scalded milk
1 egg
¾ cup sugar
3 cups flour
4 teaspoons baking powder
1 teaspoon salt

Pour milk over grapenuts and let stand until cool. Add beaten egg, sugar and flour which has been mixed with baking powder and salt. Put in a greased loaf pan, let stand twenty minutes and bake in a moderate oven.
Time in baking, 1½ hours. Temperature, 350°. 1 loaf.

PEANUT BUTTER BREAD

⅓ cup peanut butter
⅓ cup sugar
1 egg
1 cup milk
2½ cups flour
4 teaspoons baking powder
½ teaspoon salt

Cream the peanut butter and add the sugar. Add the egg well beaten and the milk alternately with the flour which has been mixed and sifted with the baking powder and salt. Beat the batter thoroughly and turn into a greased pan. Bake in a moderate oven.

Time in baking, 50 minutes. Temperature, 325°. 1 loaf.

PINEAPPLE RAISIN BREAD

¼ cup shortening
¼ cup sugar
1 egg
1½ cups milk
3 cups flour
6 teaspoons baking powder
½ teaspoon salt
½ cup seedless raisins
¾ cup crushed pineapple drained

Cream shortening and sugar, add beaten egg and milk. Add flour mixed and sifted with baking powder and salt. With one tablespoon of flour, flour the raisins and the drained pineapple; add these to the batter. Bake in a greased loaf pan in a moderate oven.

Time in baking, 1¼ hours. Temperature, 325°. 1 loaf.

PRUNE BREAD

2 tablespoons melted shortening
½ cup molasses
1½ cups sour milk
1 cup white flour
1 cup whole wheat flour
½ cup corn meal
1½ teaspoons soda
1 teaspoon baking powder
½ teaspoon salt
1 cup bran
1 cup prunes

To the shortening add the molasses and sour milk and mix thoroughly. Mix and sift the flour, corn meal, soda, baking powder, and salt, and add to the first mixture. Add the bran and beat well. Add the prunes, which have been soaked over night in cold water, drained, and cut in pieces. Turn into a greased pan and bake in a moderate oven.

Time in baking, 1¼ hours. Temperature, 325°. 1 loaf.

SPOON BREAD

2 cups milk
⅓ cup corn meal
1 teaspoon salt
½ teaspoon baking powder
2 eggs
2 teaspoons melted shortening

Scald milk, stir the corn meal into it gradually and cook in a double boiler until thickened like mush. Add salt, baking powder, beaten egg yolks and shortening. Fold in stiffly beaten egg whites. Turn into a greased baking dish and bake in a moderately hot oven until firm.

Time in baking, 30 minutes. Temperature, 375°. Serves 6.

BISCUITS AND COFFEE CAKES

Biscuits are a form of quick bread made from a dough stiff enough to be handled and to hold its shape in baking. The dough is rolled out and cut and the biscuits are baked on a sheet or in a shallow pan, placed close together or separated, according to the amount of crust desired. The foundation dough permits of many variations. The biscuit method of mixing is always followed.

Biscuits require a hot oven (400°–450°).

BAKING POWDER BISCUITS

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening
About ¾ cup milk

Mix and sift the flour, baking powder and salt and work in the shortening with the finger tips or a pastry blender. Add milk to make a dough as soft as can be handled. The exact amount will depend on the capacity of the flour to absorb liquid. Turn the dough on to a floured board or cloth, pat it out and roll to three-fourths inch in thickness. Handle as little as possible. Cut with a floured biscuit cutter and place on a greased baking sheet. Bake in a hot oven until well browned. Time in baking, 15–20 minutes. Temperature, 450°. 8 to 12 biscuits.

CHEESE BISCUITS

Add one-half cup grated American cheese to the recipe for Baking Powder Biscuits, mixing it in after the flour and shortening have been blended.

CINNAMON ROLLS

Make Baking Powder Biscuit dough and roll out in a thin rectangular sheet. Spread with softened butter and sprinkle with sugar (brown sugar is best) and cinnamon. Roll up like a jelly roll and cut off in inch slices. Place cut side down in a greased baking pan or in muffin pans and bake in a hot oven.

RAISIN BISCUITS

2 cups bread flour
½ cup sugar
5 teaspoons baking powder
½ teaspoon salt
4 tablespoons shortening
1 cup raisins
1 egg
Milk

Sift dry ingredients together three times and work in the shortening. Add raisins. Beat egg, put in measuring cup and add enough milk to make two-thirds cup liquid. Add gradually to first mixture. Roll out dough one-half inch thick, cut in rounds and place on a greased pan. Bake in a hot oven. Time in baking, 20 minutes. Temperature, 450°. 12 biscuits.

DROP BISCUITS

Add enough milk (two or three tablespoons) to Baking Powder Biscuit dough to make a mixture that can be dropped from a spoon. Drop on to a greased baking sheet or into muffin pans and bake in a hot oven.

QUICK COFFEE CAKE

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
3 tablespoons shortening
1 egg
⅔ cup milk
Butter, sugar, cinnamon

Sift together the dry ingredients and work in the shortening. Beat egg, add milk and add to the first mixture. Spread in a shallow pan, cover with softened butter and sprinkle generously with sugar and cinnamon (one teaspoon cinnamon to one-half cup sugar). Bake in a moderately hot oven.

Time in baking, 25 minutes. Temperature, 375°. Fills pan 8 × 12 inches.

SWEET COFFEE CAKE

¼ cup butter or margarine
1 cup sugar
3 eggs
1 lemon
1 tablespoon water
2 cups cake or pastry flour
2 teaspoons baking powder

Top Dressing

½ cup sugar
1 teaspoon cinnamon
¼ pound almonds, blanched and cut in strips

Cream butter and add sugar. Add egg yolks, lemon juice and grated rind, and water. Sift flour and baking powder together and add to mixture alternately with stiffly beaten whites. The batter should be quite thick. Spread thin in baking pans. Mix sugar and cinnamon and scatter thickly on top, and sprinkle the almonds over all. Bake in a hot oven. Leave in the pans and cut in strips to serve with coffee. It should be served the day it is made.

Time in baking, 25 minutes. Temperature, 425°. 1 large cake.

DUTCH APPLE CAKE

Spread Quick Coffee Cake dough in a shallow pan. Brush over with melted butter and cover with thinly sliced apples, arranged in parallel rows. Sprinkle generously with sugar and cinnamon and bake like Quick Coffee Cake.

ENGLISH BISCUITS

4 cups flour
2 tablespoons baking powder
½ cup sugar
1 teaspoon salt
1 egg
½ cup milk
½ cup water
6 tablespoons shortening

Mix and sift dry ingredients and work in shortening. Beat egg slightly, add liquid and add to first mixture. Knead lightly on a floured board, cut with a biscuit cutter, place on a greased baking sheet, leaving a little space between the biscuits, and bake in a hot oven.

Time in baking, 15–20 minutes. Temperature, 400°. 2 dozen biscuits.

SCOTCH SCONES

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
2 tablespoons shortening
2 eggs
⅓ cup milk

Sift dry ingredients together, rub in the shortening, and add eggs well beaten and mixed with milk. Roll out three-fourths inch thick, and dust with cinnamon and sugar. Cut in squares or triangles. Bake in a hot oven.
Time in baking, 20 minutes. Temperature, 450°. 15 scones.

SHORTCAKE BISCUITS

Make Baking Powder Biscuit dough, using four tablespoons shortening instead of two. Add one tablespoon sugar if desired. Roll dough about one-third inch thick and cut in rounds. Spread half of these biscuits with softened butter and cover with the remaining rounds of dough. Bake in a hot oven, split, butter, and serve hot with crushed fruit between the layers and on top. The dough may be baked in a large pan instead of in individual biscuits.

SODA BISCUITS

2 cups flour
1 teaspoon soda
¼ teaspoon salt
3 tablespoons shortening
About 1 cup thick sour milk

Mix and sift dry ingredients and work in shortening. Add enough sour milk to make a soft dough (a little stiffer than the dough for Baking Powder Biscuits). Knead lightly on a floured board, roll out to about three-fourths inch in thickness and cut with a biscuit cutter. Place on greased baking pan and bake in a hot oven.
Time in baking, 15–20 minutes. Temperature, 425°. 8 to 12 biscuits.

MUFFINS

Muffins are of many kinds, varying in richness and texture according to the ingredients used and method of mixing. They are either baked in small pans in the oven or cooked in muffin rings on a griddle.

For muffins a hot oven (400°–450°) or one moderately hot (350°–400°) is needed. The lower temperatures are used for the richer muffins and for those containing molasses.

To cook griddle muffins place greased rings on a heated griddle, fill about two-thirds full of batter. Cook until browned on one side, turn, ring and all, and brown other side. Cook rather slowly so that the center will have a chance to become thoroughly done without burning the outside.

PLAIN MUFFINS

1 egg
1 cup milk
2 cups flour
3 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
2 tablespoons shortening

Beat eggs until light and add milk. Mix and sift dry ingredients together and add to the first mixture. Beat just enough to blend thoroughly. Add melted shortening. Turn into greased muffin pans and bake in a hot oven.
Time in baking, 25 minutes. Temperature, 400°. 12 muffins.

CORN MUFFINS

Follow the recipe for Plain Muffins, using one cup corn meal and one cup flour.

DATE MUFFINS

Add to the recipe for Plain Muffins, one tablespoon sugar and one cup dates cut in small pieces.

GRAHAM OR WHOLE WHEAT MUFFINS

Follow the recipe for Plain Muffins, using one cup graham or whole wheat flour and one cup white flour.

RYE MUFFINS

Follow the recipe for Plain Muffins, using one cup rye flour and one cup white flour.

SOUR MILK MUFFINS

Substitute sour milk for sweet in the Plain Muffins recipe and use one-half teaspoon soda and one teaspoon baking powder in place of the three teaspoons baking powder.

CHEESE MUFFINS

Add one-half cup grated cheese to the recipe for Plain Muffins.

BRAN MUFFINS

1 cup bran
1 cup whole wheat flour
1 teaspoon soda
¼ teaspoon salt
½ cup molasses
1 cup boiling water
1 tablespoon shortening

Add bran to the flour, soda and salt which have been sifted together. Add molasses and boiling water in which the shortening has been melted. Mix thoroughly, pour into greased muffin pans and bake in a moderate oven.
Time in baking, 30 minutes. Temperature, 350°. 10 muffins.

BLUEBERRY MUFFINS

1 egg
¼ cup sugar
¾ cup milk
2 cups flour
½ teaspoon salt
3 teaspoons baking powder
3 tablespoons shortening
1 cup blueberries

Beat egg, add sugar and milk. Sift one and three-fourths cups flour with the salt and baking powder and add to the first mixture. Add shortening, and the berries which have been floured with the remaining one-fourth cup flour. Bake in greased muffin pans in a moderately hot oven.
Time in baking, 20 minutes. Temperature, 375°. 12 muffins.

FAIRY MUFFINS

3 tablespoons shortening
4 tablespoons sugar
2 eggs
1 cup milk
2 cups flour
3 teaspoons baking powder
½ teaspoon salt

Cream shortening and add sugar. Add the yolks of the eggs, well beaten. Add milk, alternately with the flour, baking powder and salt which have been sifted together. Fold in the stiffly beaten whites of eggs. Pour into greased muffin pans and bake in a hot oven.
Time in baking, 20 minutes. Temperature, 400°. 16 small muffins.

HAM MUFFINS

4 tablespoons shortening
1 cup chopped cooked ham
1 egg
1 cup graham flour
1 cup white flour
3 teaspoons baking powder
1 cup milk

Cream shortening and add ham. Add egg well beaten and then the dry ingredients, mixed and sifted, alternately with the milk. Mix well and put into greased muffin pans. Bake in a hot oven. Time in baking, 30 minutes. Temperature, 400°. 12 muffins.

MOCHA MUFFINS

2 tablespoons sugar
2 tablespoons melted shortening
1 egg
¼ cup rich milk
½ cup strong coffee
1 cup flour
3 teaspoons baking powder
1 teaspoon salt
¾ cup rolled oats (uncooked)

Mix sugar and shortening, add the beaten egg, milk and coffee. Add flour, with which the baking powder and salt have been sifted, and the rolled oats. Beat well. Bake in greased muffin pans in a moderate oven.
Time in baking, 25 minutes. Temperature, 350°. 12 muffins.

PINEAPPLE MUFFINS

2 cups flour
3 tablespoons sugar
4 teaspoons baking powder
½ teaspoon salt
2 eggs
⅔ cup evaporated milk
⅓ cup water
¾ cup crushed pineapple, drained
3 tablespoons shortening

Mix and sift dry ingredients. Beat eggs, and add evaporated milk and water. Add to the dry ingredients and beat until smooth. Add pineapple and melted shortening. Bake in greased muffin pans in a hot oven. Serve immediately.
Time in baking, 30 minutes. Temperature, 425°. 12 muffins.

POTATO CORN MEAL MUFFINS

2 tablespoons shortening
1 tablespoon sugar
1 egg
1 cup milk
1 cup hot mashed potato
1 cup corn meal
4 teaspoons baking powder
1 teaspoon salt

Cream shortening, add sugar, egg well beaten, milk, potato, and corn meal with which baking powder and salt have been mixed. Bake in greased muffin pans in a moderately hot oven. Serve immediately.

Time in baking, 25 minutes. Temperature, 400°. 10 muffins.

RICE MUFFINS

1 cup boiled rice
1 cup milk
2 eggs
5 tablespoons melted shortening
½ teaspoon salt
2 teaspoons sugar
3 teaspoons baking powder
1½ cups flour

Mix rice, milk, beaten eggs, shortening, and beat well. Put salt, sugar, and baking powder into flour and sift into batter. Bake in greased muffin pans in a hot oven.

Time in baking, 25 minutes. Temperature, 400°. Makes 24 small muffins.

POPOVERS

2 eggs
1 cup milk
1 cup flour
½ teaspoon salt

Beat eggs well and add milk. Add flour and salt which have been sifted together. Beat until foamy and free from lumps. Pour into very hot, well greased heavy muffin pans or earthenware cups and bake until puffed and firm, starting with a hot oven and reducing the heat for the last part of the baking.

Time in baking, 45 minutes. Temperature, 450°, 25 minutes; 300°, 20 minutes. 6 large popovers.

PANCAKES AND WAFFLES

Batters for pancakes and waffles are very similar. The chief difference between them lies in the method of cooking. A pancake spreads out thin on the griddle and is cooked on one side at a time. A pancake should be turned only once, repeated turning makes it tough. With a little experience it is easy to gauge the cooking time.

A waffle is kept from spreading by the mold and so rises to fill the mold and is comparatively thick. It is cooked on both sides at once.

Both pancakes and waffles must be served just as soon as they are cooked in order to be good. As they stand they become tough and soggy.

GRIDDLES AND WAFFLE MOLDS

Aluminum is a most desirable material for pancake griddles and waffle molds because it needs no greasing.

A simple and satisfactory test for the temperature of a griddle or waffle mold is to let a few drops of cold water fall on it. If the drops keep their shape for a few seconds the temperature is right for cooking pancakes or waffles. If the water spreads out the metal is not hot enough; if it evaporates immediately it is too hot.

If waffles stick to the mold the temperature is not right, or the batter contains too little shortening or it is too thin.

When using a waffle mold for the first time follow instructions in regard to greasing. It is a good plan, too, to add a little extra shortening to the batter.

When an aluminum waffle mold or griddle becomes brown from continued use clean it with a paste of baking soda and cold water applied with a stiff brush or fine steel wool.

PLAIN PANCAKES

2 cups flour
1½ teaspoons soda
½ teaspoon salt
1 tablespoon sugar
1 egg
2 cups sour milk
1½ tablespoons melted shortening

Mix and sift dry ingredients. Add well beaten egg mixed with the milk. Beat until free from lumps and add shortening. Pour sufficient batter on to a hot griddle to make a cake of the desired size (three to six inches in diameter). Cook until full of bubbles and browned on the under side, then turn to brown the uncooked side. Turn only once. If a thicker cake is liked add a little more flour to the batter.

Sweet milk can be used in this recipe but sour milk makes more tender cakes. With sweet milk use three teaspoons baking powder instead of the soda. Makes 2 dozen medium sized cakes.

HUCKLEBERRY GRIDDLE CAKES

3 cups flour
4 teaspoons baking powder
¾ teaspoon salt
3 tablespoons sugar
1 egg
2 cups milk
2 tablespoons melted shortening
1 cup huckleberries

Sift together the flour, baking powder, and salt. Add the sugar, then gradually the egg, and beat thoroughly with the milk to make a smooth batter. Stir in the melted shortening and the huckleberries and bake as any griddle cakes. Serve with butter

and sugar. Blueberries may be substituted for the huckleberries if desired. Serves 6 to 8.

CORN MEAL PANCAKES

Follow the recipe for plain pancakes, using one and one-half cups corn meal and one cup flour in place of the two cups of flour.

PLAIN WAFFLES

2 eggs
1½ cups milk
2 cups flour
1 tablespoon sugar
½ teapoon salt
4 teaspoons baking powder
4 tablespoons melted shortening

Beat the eggs until very light and add milk. Mix and sift dry ingredients and add to the first mixture. Beat until free from lumps and add shortening. Cook in a hot waffle iron, pouring the batter into the center of the iron.

Sour milk may be substituted for sweet in this recipe, using one teaspoon soda and one teaspoon baking powder, in place of the four teaspoons of baking powder. Makes 4 large waffles.

CHEESE WAFFLES

4 ounces cream cheese
1½ cups milk
2 eggs
1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons melted shortening

Mash the cream cheese with a fork, add milk slowly, and stir until well blended. Add well beaten eggs and the flour, salt and baking powder, sifted together. Add the melted shortening and beat well. Cook in a hot waffle iron. Makes 4 large waffles.

CHOCOLATE CAKE WAFFLES

4 tablespoons shortening
½ cup sugar
1½ ounces chocolate
3 eggs
1¼ cups milk
1½ cups flour
3 teaspoons baking powder
¼ teaspoon salt
½ teaspoon vanilla

Cream shortening and add sugar. Add chocolate, melted, and eggs well beaten. Add milk alternately with the flour, which has been sifted with the baking powder and salt. Add vanilla.

Bake in a hot waffle iron and serve with butter and powdered sugar or whipped cream. Makes 4 large waffles.

CORN MEAL WAFFLES

½ cup corn meal
2 cups water
2 tablespoons sugar
1 teaspoon salt
1 cup milk
4 tablespoons shortening
3 eggs
3 teaspoons baking powder
1½ cups flour

Have water boiling vigorously, sprinkle in corn meal slowly, stirring constantly, and cook until thickened. Add sugar, salt, milk and shortening. Cool, add egg yolks well beaten and the flour mixed and sifted with the baking powder. Beat well and fold in the stiffly beaten egg whites. Cook in a hot waffle iron. Makes 6 large waffles.

GINGERBREAD WAFFLES

2 eggs
¼ cup sugar
½ cup molasses
1 cup sour milk
1½ cups flour
1 teaspoon ginger
¼ teaspoon salt
1 teaspoon soda
1 teaspoon baking powder
⅓ cup melted shortening

Beat eggs until light. Add sugar, molasses, sour milk, and remaining dry ingredients sifted together. Beat until smooth and add shortening. Cinnamon and clove may be added if a spicier waffle is liked. Makes 4 large waffles.

TOAST

CINNAMON TOAST

Slice bread thin, toast, and butter while hot. Sprinkle with a mixture of sugar and cinnamon (one teaspoon cinnamon to one-half cup sugar) and put in the oven to melt the sugar slightly. Brown sugar or honey may be used instead of granulated sugar.

CREAM TOAST

6 slices bread
2 cups thin cream or rich milk
1 tablespoon butter
2 tablespoons flour
½ teaspoon salt

Toast bread and butter while hot. Heat cream and thicken with the butter and flour which have been creamed together. Add salt and pour over the toast. Serve immediately.

FRENCH TOAST

2 eggs
1 cup milk
¼ teaspoon salt
6 slices bread

Beat eggs slightly, add milk and salt. Dip the bread quickly into this mixture and sauté in butter or other cooking fat, browning delicately on both sides. Serve with syrup of jelly.

MELBA TOAST

Cut bread in thin slices and trim off the crusts. Spread out on a baking sheet and put into a slow oven until thoroughly dry and slightly browned.

MILK TOAST

6 slices bread
2 cups milk
2 tablespoons butter
½ teaspoon salt

Toast bread and butter while hot. Heat milk, add butter and salt and pour over the toast. Serve immediately.

ORANGE TOAST

¼ cup orange juice
Grated rind 1 orange
½ cup sugar
6 slices buttered toast

Mix orange juice and rind with sugar. Spread on hot, buttered toast and brown in a hot oven or under broiler flame.

DOUGHNUTS

Success in doughnut making depends largely upon technique and so experience is of great importance.

The dough should be as soft as can possibly be handled. A stiff dough makes hard, dry doughnuts which are likely to crack open. Chilling the dough for an hour or two before rolling and cutting facilitates handling it.

A dough which contains a large amount of shortening is likely to soak fat. If a rich doughnut is desired the amount of egg as well as shortening should be increased.

For doughnuts of average size the temperature of the fat should be about 370°. Too high a temperature causes doughnuts to crack open and they are likely to appear done before they are thoroughly cooked at the centers. If the fat is not hot enough it will soak into the dough.

If doughnuts are turned only once they will absorb the least possible amount of fat but turning several times helps to keep them symmetrical.

SOUR MILK DOUGHNUTS

2 eggs
1 cup sugar
1 cup sour milk
½ teaspoon salt
½ teaspoon soda
2 teaspoons baking powder
½ teaspoon nutmeg
½ teaspoon cinnamon
4 to 5 cups flour
1½ tablespoons melted shortening

Beat the eggs until light and add sugar and sour milk. Sift salt, soda, baking powder, and spices with three cups of the flour and add to the first mixture. Add enough more flour to make a dough just stiff enough to handle. Add shortening. Roll dough to about a third of an inch in thickness, cut with a doughnut cutter and fry in deep fat.

Time in cooking, 3 minutes each. Temperature, 370°. 3 dozen doughnuts.

SWEET MILK DOUGHNUTS

Follow the recipe for Sour Milk Doughnuts, using sweet milk in place of the sour, omitting the soda and increasing the baking powder to six teaspoons.

CORNSTARCH DOUGHNUTS

2 eggs
3 tablespoons cooking oil
1⅓ cups sugar
¾ teaspoon salt
1 teaspoon nutmeg
½ teaspoon cinnamon
½ cup cornstarch
4 cups flour
4 teaspoons baking powder
1 cup milk

Beat eggs, add oil, salt, sugar and spices and mix well. Add milk, then beat in the cornstarch, flour and baking powder which have been sifted together. Roll to about one-third inch in thickness, cut, and fry in deep fat. Drain on absorbent paper, and dust with confectioners' sugar mixed with a little cinnamon. Time in frying, 3 minutes each. Temperature 370°. 3 dozen doughnuts.

POTATO DOUGHNUTS

1 egg
1 cup sugar
½ cup mashed potato
1 cup milk
4 teaspoons baking powder
½ teaspoon salt
1 teaspoon nutmeg
About 5 cups flour
1 tablespoon melted shortening

Beat the egg until light. Add sugar, freshly cooked mashed potato and milk. Mix and sift baking powder, salt, and nutmeg with four cups of the flour and add to the first mixture. Add enough more flour to make a dough that can be handled. Add shortening. Roll to about a third of an inch in thickness, cut with a doughnut cutter and fry in deep fat.
Time in cooking, 3 minutes each. Temperature, 370°. 3 dozen doughnuts.

RAISED DOUGHNUTS

1 cup milk
¼ cup shortening
½ teaspoon salt
½ cup sugar
½ teaspoon nutmeg
1 egg
1 yeast cake
¼ cup lukewarm water
About 5 cups flour

Scald milk and pour over the shortening. Add salt, sugar and nutmeg. Cool until lukewarm, add beaten egg, and yeast, which has been softened in the warm water. Add enough flour to make a stiff dough. Knead thoroughly and let rise in a warm place until doubled in bulk. Knead again, roll to about three-quarters an inch in thickness and cut with a small round cutter. Place on a floured board, leaving enough space between the doughnuts so that they will not run together, and let rise until doubled in bulk. Fry in deep fat.
Time in cooking, 2½ minutes each. Temperature, 360°. 3 dozen doughnuts.

SQUASH DOUGHNUTS

2 tablespoons shortening
1 cup sugar
½ cup cooked, mashed squash
½ cup sour milk
About 3¾ cups flour
½ teaspoon soda
3 tablespoons corn meal
4 teaspoons baking powder
½ teaspoon salt
¼ teaspoon nutmeg
1 egg
½ teaspoon vanilla

Cream shortening and add sugar. Add squash and sour milk. Add about two-thirds of the flour with which the other dry ingredients have been sifted. Add beaten egg, stir well; add vanilla and remainder of flour. Cover and let stand at least an hour. Roll out to about a third of an inch in thickness, cut with a doughnut cutter and fry in deep fat. When partly cool sprinkle lightly with fine granulated sugar.
Time in cooking, 3 minutes each. Temperature, 370°. 3 dozen doughnuts.

CRULLERS

¼ cup shortening
1 cup sugar
3 eggs
1 cup milk
About 4½ cups flour
4 teaspoons baking powder
½ teaspoon salt
½ teaspoon nutmeg
¼ teaspoon allspice
½ teaspoon vanilla

Cream shortening and add sugar gradually. Add well beaten eggs and the milk. With three cups of the flour mix baking powder, salt and spices, and add to first mixture. Add vanilla and enough more flour to make a dough that can be handled. Roll to about a quarter of an inch in thickness, cut in half-inch strips and twist to form figure eights, or cut with an ordinary doughnut cutter. Fry in deep fat. Roll in granulated sugar.
Time in cooking, 3 minutes each. Temperature, 370°. 3 dozen crullers.

SWEDISH CRULLERS

4 egg yolks
4 teaspoons sugar
4 tablespoons heavy cream
Flour

Mix egg yolks, sugar, and cream. Add enough flour to make a stiff dough. Roll very thin and cut in strips two inches wide and six inches long. Cut a slit in each one and draw one end through. Fry in deep fat. Drain on absorbent paper. Sprinkle with sugar.
Time in cooking, 2 minutes each. Temperature, 370°. 12 crullers.

EGGS

Eggs should always be cooked at a low temperature, never allowed to reach the boiling point. The white begins to coagulate at 134° and if allowed to become too hot it will be tough and difficult of digestion. The curdling of mixtures containing egg is due to overcooking.

SOFT COOKED EGGS

Put eggs in boiling water, remove from stove and let stand from four to eight minutes, depending upon the consistency desired.

HARD COOKED EGGS

Put eggs in cold water, bring to the boiling point, remove from the stove and allow to stand twenty minutes. To remove the shells easily, crack and hold under cold water.

POACHED EGGS

Have salted water boiling in a frying pan. Break eggs one at a time into a saucer and slip carefully into the water. Keep the water just under the boiling point and cook until the white is set. If the water does not cover the yolk dip water gently over it to coagulate the film of white. Remove the eggs with a skimmer to slices of buttered toast. Greased muffin rings or an egg poacher may be used to keep the eggs in shape.

FRIED EGGS

Heat butter or other cooking fat moderately hot and slip eggs into it, using the same method as for poaching. Dip some of the fat frequently over the eggs so that the top as well as the bottom will be cooked. If the eggs are desired fried on both sides turn them carefully with a pancake turner when the white

has coagulated. Do not let the fat become overheated. A fried egg, properly cooked is almost as delicate as a poached egg, not tough with crisp edges as it is often served. Covering the pan while the eggs are cooking helps to cook the yolk.

SCRAMBLED EGGS

Beat eggs slightly to mix yolk and white. Add from one to three tablespoons of milk to each egg, and salt and pepper to taste. Turn into a frying pan, in which just enough butter or other cooking fat is melted to grease it thoroughly, and cook slowly until thickened, scraping the mixture frequently from the bottom of the pan so that it will cook evenly. Serve immediately.

FRENCH OMELET

Beat eggs slightly to mix yolk and white. Add one tablespoon milk or water for each egg and salt and pepper to taste. Have butter or other cooking fat heated in a frying pan (about one teaspoon to each egg) and turn in the egg mixture. Cook slowly, lifting the edges as the bottom becomes firm, so that the uncooked portion will come in contact with the pan. Shake the pan occasionally to keep the omelet from sticking. When the mixture has all thickened and the bottom browned delicately, fold or roll the omelet and serve immediately.

To make a successful omelet it is important to have a pan the correct size. For a four egg omelet an eight inch frying pan is right. The pan should be perfectly smooth, preferably one kept specially for the purpose.

Omelets can be varied by the addition of cheese, chopped meat or vegetables, and by serving with different sauces.

PUFFY OMELET

Separate eggs. Beat yolks until thick, add one tablespoon water or milk, one-eighth teaspoon salt and a dash of pepper for each egg. Beat the whites until stiff and fold into the yolk mixture. Turn into a frying pan in which a little fat has been melted (one teaspoon for each egg) and cook slowly until puffy and slightly browned on the bottom. (The color of the bottom can be seen

by lifting the edge with a spatula.) Then put into a moderate oven (325°) and cook until the top of the omelet feels firm to the touch. Slide the omelet gently from the pan to a hot platter, folding it in the center so that the browned surface is outside. When a double omelet pan is used put half the mixture in each side and cook as directed above, or put the whole omelet into one side and when it has risen and browned on the bottom close the pan, invert it and brown the other side. No oven cooking is needed when the latter method is followed.

BAKED EGGS

Break eggs into individual ramekins or a larger shallow baking dish. Pour over one tablespoon of cream or rich milk for each egg, or dot with butter, and sprinkle with salt and pepper. Bake in a moderate oven (325°) until the white is set.

DEVILED EGGS

While hard cooked eggs are still hot peel them, cut in halves, either lengthwise or crosswise, and remove yolks. Mash the yolks and season highly with salt, pepper, salad dressing or butter and vinegar. Chopped parsley, onion juice, deviled ham or other seasoning may also be used. Refill the whites with the yolk mixture and serve cold.

EGGS À LA GOLDENROD

1 tablespoon butter or margarine
1 tablespoon flour
1 cup milk
½ teaspoon salt
Pepper
Parsley
4 hard cooked eggs
5 slices toast

Make thin white sauce with butter, flour, milk, and seasonings. Separate yolks from whites of eggs. Chop whites fine and add them to the sauce. Cut four slices of toast in halves lengthwise and pour sauce over them. Force the egg yolks through strainer or potato ricer, letting them fall upon the sauce, making a mound of yellow. Garnish with parsley and remaining toast, cut into points. Serves 4.

LYONNAISE EGGS

1 chopped onion
2 tablespoons butter or margarine
1 tablespoon flour
1½ cups milk
Salt and pepper to taste
6 eggs
½ cup bread or cracker crumbs

Cook the onion in butter for ten minutes. Add flour and cook until the mixture is smooth, stirring constantly. Gradually pour in the milk and cook three minutes, stirring constantly. Season with salt and pepper. Pour this sauce into a deep, hot baking dish and carefully break into it six eggs. Cover the eggs with the bread or cracker crumbs and cook in moderate oven until eggs are set.

Time in baking, 10 minutes. Temperature, 350°. Serves 6.

APPETIZERS

In the class of appetizers come the hors d'oeuvres, fruit cups, and fish and vegetable cocktails which are served as a first course at dinner, before the soup.

An appetizer should be a food of distinct flavor in itself or one highly seasoned — something salty, tart, or crisp and green. Since its purpose is merely to whet the appetite, the portions should be small. And since the appetite is first stimulated through the eye special care should be taken with the appearance of the appetizer.

The appetizer should be on the table when the meal is announced.

HORS D'OEUVRES

There are a great many different viands that may be served as hors d'oeuvres — the celery, radishes, olives, and pickles so frequently used as relishes instead of a separate course, salt and smoked fish, bits of vegetables, fish or meat molded in decorative form in well seasoned aspic, cheese combinations of various sorts, delicacies such as caviar, paté de foie gras, and truffles.

When a foundation of bread is used for the hors d'oeuvre the arrangement is called a canapé. The bread should be cut in an attractive shape with crusts removed and fried in deep fat, sautéed in butter, or toasted. The canapé may be served in the living room with a fruit beverage just before dinner.

Hors d'oeuvres may be arranged on individual plates or an assortment may be placed on a platter and passed. Their preparation and arrangement offers wide scope for one's creative ability.

SUGGESTIONS FOR HORS D'OEUVRES

Radishes —Radishes, celery, either plain or stuffed, with olives, ripe, plain or stuffed with pimientoes arranged upon a dish and surrounded with tiny square saltines, covered with grated cheese, sprinkled with paprika, and toasted in a hot oven until the cheese melts.

Tomato — Small tomatoes peeled, their pulp scooped out, and the cavity filled with various mixtures. Good ones are chicken

salad, lobster or crab salad, eggs in mayonnaise, or a deviled egg, whole, put in the tomato, pointed end upward, and served on crisp white lettuce leaves with a mask of mayonnaise. Chopped nuts and eggs in mayonnaise also make a good filling, or diced celery and pineapple, or cucumber and tomato.

Cucumbers — Cucumbers, peeled, cut in half and hollowed out in basket or boat shape, stuffed like tomatoes.

Sardines — Sardines or herrings, with quartered lemon, served with lettuce and either a tiny buttered roll or a sandwich of brown bread and butter.

Oysters — Oysters in their shells, covered with seasoned caviar and served with thin brown bread sandwiches.

ANCHOVY OLIVES

Select large olives, stone and stuff with anchovy paste. Twist a whole anchovy fillet around each olive and arrange on a bed of finely shredded lettuce.

ANTIPASTO

For each serving arrange on a salad plate, as attractively as possible, the following ingredients: Lettuce, half a peeled tomato, chilled and garnished with finely chopped onion, a stalk of celery, stuffed with Roquefort cheese, a stuffed egg, a thin slice of salami, a thin slice of cold boiled ham, a strip of pimiento and one of green pepper, an olive. Serve with French dressing or olive oil and vinegar. Spring onions, radishes, and cucumbers may be added in season.

This is sufficiently hearty to serve as a first course when the rest of the meal is very light, or as a main course salad.

HORS D'OEUVRES IN ASPIC

2 tablespoons gelatine
½ cup cold water
2 cups cleared brown stock or consommé
1 bay leaf
3 cloves
Salt and pepper
Stuffed olives
Crab meat
Grapefruit shell
Shredded lettuce
Mayonnaise
Tomatoes
Caviar
Stuffed eggs
Anchovies

Soften the gelatine in cold water. Heat the soup stock with the spices, adding salt and pepper to taste, boil two minutes, and strain into the gelatine. This quantity is sufficient for eight servings. A clear lemon aspic may be used if a simpler one is desired.

Place a stuffed olive, pimiento side down, in each of the required number of individual molds. Add shredded crab meat and fill with the partly set aspic. Chill. In the center of a round serving platter, lined with shredded lettuce, place half a hollowed out grapefruit, edges scalloped, and fill with mayonnaise. Around this, place a ring of tiny peeled and chilled tomatoes, scooped out a bit and filled with caviare, and then a ring of stuffed eggs, cut lengthwise, with an anchovy placed on top of each. Then add an outer circle of the aspic molds.

STUFFED CELERY

Use inner stalks of crisp celery. Fill with a combination of equal parts of cream cheese and Roquefort cheese, mashed until smooth with a little butter. Dust with paprika and chill.

CRAB MEAT IN CUCUMBER JELLY

¾ cup chopped cucumber
½ teaspoon salt
¼ teaspoon white pepper
½ cup vinegar
2 tablespoons gelatine
½ cup cold water
2 tablespoons lemon juice
⅓ cup sugar
1¼ cups boiling water
Green vegetable coloring
2 tablespoons chopped green pepper
Flaked crab meat

Season the cucumber with salt and pepper. Pour on the vinegar, warmed, and let stand thirty minutes. Then drain off the vinegar, reserving one-fourth cup for jelly. Soak the gelatine in the cold water for a few minutes. Heat the one-fourth cup vinegar with the lemon juice, sugar and boiling water. When boiling pour on to the gelatine, stir until it is dissolved, and cool. Add the coloring, if desired, and strain on to the cucumber and green pepper. Put a little of the mixture into the bottom of a ring mold or individual molds, add the flaked crab meat, then the remainder of the aspic. When ready to serve turn out on to

a nest of shredded lettuce. Serve with Thousand Island dressing. This may be used as a salad. Serves 6.

CROÛTES OF CAVIAR

Cut bread in rounds and sauté in butter until golden brown. Spread with caviar seasoned with lemon juice, chopped shallots and a dash of cayenne pepper.

EGGS À LA DIJON

Cut hard cooked eggs in halves lengthwise. Remove the yolks and make them into a paste with a little finely ground cooked ham, foie gras, and a bit of chopped mushroom or truffle, binding together with mayonnaise. Refill the whites, put together and serve on a bed of lettuce or cress.

OLIVES IN BLANKETS

Wrap large, pimiento stuffed olives in very thin slices of bacon, skewering with tooth picks. Crisp in a hot oven or broiler and arrange around a mound of potato chips.

RED GABLES HORS D'OEUVRE

For each serving arrange half a stuffed egg on a round of buttered toast which has been covered with slices of stuffed mango pickles. Pour mayonnaise which has been thinned with whipped cream over all.

SARDINE TOAST

Cut thin, hot toast in strips the length of a small sardine. Spread with butter which has been seasoned with a little onion juice. Place a sardine on each strip of toast and garnish with lemon and parsley.

SAVORY HORS D'OEUVRE

8 rounds of toast
2 hard cooked eggs
2 tablespoons minced sweet pepper
2 tablespoons grated cheese
⅛ teaspoon salt
Pinch mustard
Melted butter and Catsup to moisten

Lightly brown rounds of bread in butter or margarine. Mix finely chopped eggs with other ingredients and spread on bread rounds. Set in hot oven three minutes before serving; arrange on small plates and garnish with parsley or cress.

FISH AND VEGETABLE COCKTAILS

In a fish or vegetable cocktail the ingredients are either raw or cooked, according to their nature, and served ice cold with a highly seasoned sauce.

Clams and oysters may be served on the half shell. In this case they are arranged on a plate, preferably on a bed of cracked ice, in the center of which is a small glass containing the sauce. Cooked flaked fish like crab meat or lobster may be similarly arranged, placing the fish on lettuce leaves. Another method of serving is to mix the prepared fish with the sauce and place in cocktail glasses.

For a vegetable cocktail the vegetables, cut in small, even pieces, are often arranged separately on lettuce leaves and the sauce, usually mayonnaise, placed in a lettuce leaf cup. Or all the ingredients may be mixed and arranged as a salad.

CHERRYSTONE CLAMS

Serve clams, usually six to a serving, in their shells on a deep plate filled with cracked ice. Pass relishes, including Tabasco sauce, horseradish, and quartered portions of lemon.

CRAB COCKTAIL

1½ cups flaked crab meat
1 tablespoon chopped green pepper
¾ cup tomato catsup
2 tablespoons chopped olives
1 teaspoon onion juice

Mix and chill ingredients. Serve in chilled glasses. Serves 6.

OYSTER COCKTAIL

¾ cup tomato catsup
2 tablespoons lemon juice
3 dozen oysters
½ teaspoon celery salt
1½ teaspoons Worcestershire sauce

To the catsup add the lemon juice, Worcestershire sauce and celery salt. A few drops of Tabasco sauce may also be added if it is liked. Add the oysters and chill. Serve in cocktail glasses, garnished with finely chopped celery and strips of green pepper.

In place of the oysters, clams, lobsters, crab meat or shrimp may be used. Serves 6.

SARDINE COCKTAIL

Use one lemon for every two people to be served. Cut in halves, then cut a tiny bit from the end of each half so it will stand steadily on a plate. Scoop out the inside pulp and fill with minced sardine mixture. To each No. ½ can of sardines add a teaspoon of French mustard, two hard cooked eggs, chopped very fine, a dash of Tabasco sauce and mayonnaise to moisten. Cut the peel of another lemon into tiny strips and use for handles on the lemon basket. Serve on lettuce.

CAULIFLOWER AND TOMATO COCKTAIL

Marinate cooked cauliflower and quarters of small tomatoes separately in French dressing. For each serving arrange a few flowerets of cauliflower on a heart leaf of lettuce and sprinkle with chopped parsley. Garnish with tomato. Serve very cold.

VEGETABLE COCKTAIL

Marinate peas, diced beets and diced cucumber separately in French dressing and chill thoroughly. For each serving arrange three small leaves of lettuce on a salad plate and put a spoonful of vegetable on each. In the center place a lettuce leaf holding a spoonful of highly seasoned mayonnaise.

FRUIT CUPS AND COCKTAILS

A fruit cup or cocktail may be a single fruit or a mixture of several varieties, cut in pieces, marinated in a syrup, and served in dessert or cocktail glasses.

The selection and preparation of the ingredients is most important if the cup is to be one of distinction instead of the hackneyed, uninteresting mixture which too often appears as a first course. Bland fruits should be combined with those of more pronounced flavor and the soft varieties are used to best advantage with those of firmer texture. Thought should be given also to the color scheme. Cut the fruit into attractive, even pieces and chill it thoroughly. A rich and well flavored syrup is usually required and the fruits should stand in it for some time before serving.

APRICOT AND FIG COCKTAIL

Arrange equal quantities of diced, canned apricots and orange sections in glasses. Dice preserved figs over the top, allowing one fig for each cocktail. Mix apricot and fig syrups with lemon juice to taste, and pour over fruit.

AVOCADO AND GRAPEFRUIT COCKTAIL

1 avocado
Lemon juice
2 grapefruit
Powdered sugar

Cut avocado in halves and remove the stone. Peel and cut pulp into cubes. Sprinkle with a little lemon juice. Remove the pulp from the grapefruit and cut in pieces. Sweeten slightly with powdered sugar. Combine the two fruits, chill, and serve in glasses garnished with a green cherry. Serves 6.

CANTALOUPE CUP

Scoop out the pulp from two small cantaloupes and cut in cubes. Add crushed pineapple to equal half the bulk of the cantaloupe and a teaspoonful of lemon juice. Chill thoroughly and serve in tall stemmed glasses. Serves 6.

FRESH FRUIT COCKTAIL, SUPREME

1 grape fruit
2 oranges
1 cup diced pineapple
1 pint strawberries
Supreme Sauce

Peel and cut the fruit, leaving the berries whole or cut in halves. Mix and chill. Add a little sugar if desired. Heap in glasses and add Supreme Sauce (see page 273) before serving. Serves 8.

GINGER COCKTAIL

2 cups diced canned peaches
2 cups diced bananas
1 cup orange juice
3 tablespoons confectioners' sugar
8 teaspoons chopped, preserved ginger

Combine the peaches and bananas and pour over them the orange juice and sugar. Arrange in glasses and sprinkle ginger over the tops. Serves 8.

GRAPE AND GRAPEFRUIT COCKTAIL

1 No. 2 can grapefruit
1 cup seeded white grapes
Sugar
Fresh mint
Angelica

Combine and chill the grapefruit and grapes, sweetening to taste. Arrange in glasses, sprinkle with bits of angelica, and top with sprigs of mint or make a border of mint around the rim of the glass. Serves 6.

GRAPEFRUIT MINT CUP

Few sprigs mint
1 cup boiling water
1 tablespoon gelatine
¼ cup cold water
¼ cup sugar
2 tablespoons lemon juice
Green coloring
2 grapefruit

Bruise the mint, add the water, and simmer for a few minutes. Strain and add the gelatine which has been softened in cold water, the sugar, and lemon juice. Color a delicate green. Turn into a small square or rectangular mold and let stand until firm. Cut the grapefruit in two and remove the pulp. Make baskets of the rinds and fill them with a mixture of the grapefruit pulp, sweetened to taste, and cubes of mint jelly. Garnish with a sprig of mint. Serves 4.

MARASCHINO COCKTAIL

2 3-oz. jars maraschino cherries
1 No. 2 can grapefruit
2 bananas

Cut the cherries in halves, add the cherry syrup and grapefruit and chill well. Just before serving add the bananas, cut lengthwise in slender, one-inch pieces, letting them stick up around the edges and the center of the cocktail as a garnish. Serves 8.

STRAWBERRY AND GRAPEFRUIT CUP

1½ cups canned strawberries
1½ cups grapefruit sections
½ cup salted almonds

Separate the grapefruit into sections, being careful to leave none of the white fibre, or use canned grapefruit with one or two tablespoons of lemon juice. Mix the grapefruit sections

with strawberries, arrange in cocktail glasses and sprinkle halved almonds over the top. Serves 6.

WATERMELON CUP

Scoop out balls of watermelon pulp with a French ball cutter. Cover with orange juice or any other fruit juice, fresh or canned, sweetened with sugar syrup. Chill before serving.

SOUTHERN WATERMELON COCKTAIL

1 cup watermelon balls
1 cup cantaloupe balls
1 cup ginger ale
Mint leaves

Cut balls (or dice) from melons and arrange them in cocktail glasses. Chill thoroughly and, just before serving, add ginger ale. Garnish with mint leaves. Serves 4.

SOUPS

Soups come under three general classifications: cream soups which are made with a milk foundation; soups in which meat or vegetable stock is the basis, and fruit soups.

Cream Soups. — The most common cream soup is a very thin white sauce, flavored with strained vegetable pulp. Chowder is a substantial cream soup, containing diced vegetables and often fish. A bisque is a fish soup made with milk. Cream soups are high in food value and this fact should be taken into consideration when they are put on the menu. A generous serving is sufficient for the main course at luncheon or supper, while a smaller portion is a suitable first course when the rest of the meal is not too heavy.

Meat Soups. — Clear meat stock, highly seasoned with spices, herbs, and vegetables is known as bouillon or consommé. In common usage the terms are interchangeable, but technically a bouillon is made from only one kind of meat, consommé from several. Soup of this kind stimulates the appetite but contains little nourishment, so it is a suitable first course for a heavy meal.

Reinforced with vegetables and cereals such as rice, barley and macaroni, a meat soup becomes substantial in character and must be considered for its nutritive value.

Broth is a concentrated meat stock, not clarified, and so contains slightly more nourishment than bouillon or consommé. It is seasoned only with salt since it is most often used in the feeding of children and invalids.

Fruit Soups. — Fruit juices, slightly thickened, may be served either hot or cold, as soup. These fruit soups are of foreign origin and not so well known as the other types. They are appetizing, refreshing and important for the nutritive elements they contain.

CREAM SOUPS AND CHOWDERS

CREAM VEGETABLE SOUP

1 quart milk or part milk and part stock
1 to 2 cups vegetable pulp
3 tablespoons butter or margarine
3 tablespoons flour
2 teaspoons salt
⅛ teaspoon pepper

Meat stock or water in which vegetables have been cooked may be used in place of one to two cups of the milk. Heat the liquid in a double boiler. Add vegetable pulp, made by rubbing mashed, cooked vegetables through a sieve. Any vegetable or a combination of several may be used. If the flavor of onion is liked add a slice of onion to the milk as it is heating and remove before adding the vegetable pulp. Cream butter and flour together, add a small amount of the liquid and blend until smooth. Add to the rest of the soup and cook until thickened, stirring constantly. Add seasonings. If a thicker soup is desired more flour may be added. Serves 6 to 8.

CREAM OF CHESTNUT SOUP

2 cups French chestnuts
2 cups boiling water
1 slice onion
¼ cup chopped celery
1 bay leaf
1 sprig parsley
¼ teaspoon paprika
1 quart milk
1 tablespoon butter or margarine
2 tablespoons flour
1 teaspoon salt

Shell and blanch the chestnuts, cut in quarters, and cover with the boiling water; add onion, celery, bay leaf, parsley, paprika; cover and boil until chestnuts are tender — about one-half hour. Press through colander and add milk. Bring to boiling point, add butter and flour rubbed together and cook until thickened, stirring constantly. Add salt. Press through a fine sieve, reheat and serve. Serves 6.

CREAM OF CORN SOUP

2 cups canned corn
½ cup celery
2 tablespoons grated onion
1 quart boiling water
1 pint milk
1 teaspoon sugar
1 tablespoon butter or margarine
2 eggs
1 cup cream
Salt, pepper

To the corn add celery, onion and boiling water, and simmer gently for an hour. Put through purée sieve. Add milk which has been heated, sugar and butter. Beat eggs slightly. Stir into cream and add to soup just before serving. Blend thoroughly and season to taste with salt and pepper. Serves 8.

LOBSTER BISQUE

Trimmings and shell of lobster
1 sliced onion
1 bay leaf
2 stalks coarse celery, diced
3 cups water
3 tablespoons butter or margarine
2 tablespoons flour
2 cups milk
¾ teaspoon salt
⅛ teaspoon paprika
⅛ cup light cream (optional)
½ teaspoon minced parsley

Break the lobster shell into small pieces and cook it with the onion, bay leaf, celery and water for one and one-half hours, keeping the pan closely covered and adding more water if this appears to boil away rapidly. Strain the liquid — there should be about two cupfuls. Blend the butter and flour smoothly together, add the milk slowly, bring to boiling point, stirring constantly, and simmer for ten minutes. Add the strained lobster liquor, season with salt and paprika, and if the cream is used add it just before serving the bisque. Sprinkle minced parsley over each serving. If the meat of the lobster is not desired for some special purpose, it may be diced and added to the bisque, making a richer soup. Serves 6.

CREAM OF MUSHROOM SOUP

¼ pound mushrooms
4 tablespoons butter or margarine
3 tablespoons flour
1 quart milk
Salt, pepper

Wash mushrooms and slice or chop, using the stems if they are firm. Cook in two tablespoons of the butter until browned. Melt the rest of the butter, add flour and blend until smooth. Add milk slowly and cook until thickened, stirring constantly. Add mushrooms, and season to taste with salt and pepper. Serves 6.

PEANUT BUTTER SOUP

3 tablespoons peanut butter
1 quart milk
2 tablespoons butter or margarine
3 tablespoons flour
Salt, pepper, paprika

Moisten the peanut butter with one-half cup of the milk and add to the rest of the milk which has been scalded. Rub butter

and flour together, add a little of the soup and, when mixed smooth, add to the rest of the soup and cook until thickened, stirring constantly. Season to taste with salt, pepper and paprika. Serves 6.

CREAM OF SQUASH SOUP

1 quart thin white sauce
½ cup sifted squash
⅛ teaspoon ginger
Grated orange peel
Whipped cream

To the hot, well seasoned white sauce add the squash, ginger and a bit of grated orange peel. Beat until thoroughly blended, heat, and serve with a topping of whipped cream and a dash of paprika. Serves 6.

CREAM OF TOMATO SOUP

1 quart milk
2 tablespoons butter or margarine
2 tablespoons flour
2 cups canned or stewed tomatoes
2 teaspoons sugar
1 small onion
¼ teaspoon soda
1 teaspoon salt
Pepper

Make a white sauce of the milk, butter and flour. Cook the tomatoes for ten minutes with the sugar and sliced onion and rub through a sieve. Reheat and add the soda. Add gradually to the white sauce, stirring constantly. Season and serve at once. Serves 8.

NEW ENGLAND CLAM CHOWDER

¼ pound salt pork
2 medium sized onions
4 cups diced potatoes
2 cups water
1 pint clams
1 quart milk
Salt, pepper

Cut the salt pork in small cubes and cook until crisp. Add the onions, chopped or sliced, and cook until slightly browned. Put in a kettle and add the potatoes, water and liquor from the clams. Cover and boil for twenty minutes, or until potatoes are done, stirring often. Cut off the hard parts of the clams and

chop. Open stomachs and remove the dark portion. Add the clams and milk, previously scalded, to the chowder and cook for three minutes. Season to taste with salt and pepper. Serves 12.

NEW YORK CLAM CHOWDER

¼ pound salt pork
2 cups diced potato
1 medium sized onion
½ cup diced carrot
2 cups tomato
1 cup diced yellow turnip
2 tablespoons chopped parsley
2 teaspoons salt
6 cups water
1 pint clams

Dice pork and cook in a hot kettle until brown. Add diced vegetables, seasonings and water. Simmer for an hour. Add clams, prepared as for New England Clam Chowder and cook half an hour longer. Add more seasonings if needed. Serves 12.

CORN CHOWDER

¼ pound fat salt pork
1 medium sized onion
2 cups sliced potatoes
1 No. 2 can corn
1 quart milk
Salt, pepper

Dice salt pork and try out. Add sliced onion and cook for five minutes, stirring often to prevent burning. Parboil potatoes for five minutes in boiling water to cover, add to fat and cook until tender. Add corn and scalded milk and heat to the boiling point. Season to taste with salt and pepper. Serves 10.

FISH CHOWDER

¼ pound fat salt pork
2 medium sized onions
4 cups diced potatoes
2 cups water
2 pounds cod or haddock
1 quart milk
Salt, pepper

Cut salt pork into small cubes and try out. Add the onion, chopped or sliced and cook until onion is slightly browned. Add potatoes and water and boil five minutes. Remove bones and cut fish into cubes. Add to the potatoes and continue cooking for fifteen minutes. Add scalded milk and season to taste with salt and pepper. Serves 12.

VEGETABLE CHOWDER

¼ cup diced salt pork or bacon
1 onion
4 cups cubed vegetables
2 cups water
1 quart milk
Salt, pepper

Try out pork, add sliced onion and cook until slightly brown. Add vegetables in any combination desired. Potatoes, carrots, turnips, celery, and peas are good. Tomatoes may also be added. Add water and cook until the vegetables are tender, watching carefully to prevent burning. Add scalded milk and season to taste with salt and pepper. Serves 12.

OYSTER STEW

1 pint oysters
4 tablespoons butter
1 quart milk
Salt, pepper

Examine the oysters carefully, removing any bits of shell attached to them. Place in a saucepan with the butter and cook gently until the edges of the oysters begin to curl. Add to the scalded milk and season to taste with salt and pepper. Serve immediately. Serves 6.

MEAT SOUPS

BROWN STOCK

2 pounds beef with bone
1½ quarts cold water
1 tablespoon chopped onion
1 small carrot
2 stalks celery
Few sprigs parsley
Small piece bay leaf
2 peppercorns
1 clove
1 teaspoon salt
⅛ teaspoon pepper

A piece of beef from the shank is best for soup stock. Have the bone sawed into several parts and cut the meat in small pieces. Sear half the meat in a hot pan until well browned. Add the remaining meat and bone and cover with the water. Bring slowly to the simmering point and let simmer (not boil) for three or four hours. Add the seasonings, having the vegetables chopped or diced, and simmer an hour longer. Strain, cool and remove fat.

For convenience and economy canned bouillon or consommé, bouillon cubes, or meat or vegetable extracts prepared with water according to directions, can be substituted for homemade meat stock.

WHITE STOCK

Use chicken or veal (knuckle or breast) and proceed as for Brown Stock, without browning any of the meat.

BOUILLON

Bouillon is meat stock clarified. For every quart of stock add a crushed egg shell and a beaten egg white. Bring to the boiling point, stirring constantly and then let boil gently for five minutes. Add one-half cup of cold water and let stand ten minutes. Strain.

CONSOMMÉ

Make stock with one pound beef and one pound veal or chicken or a combination of the two, following the directions for Brown Stock. Clarify as for bouillon.

JELLIED BOUILLON OR CONSOMMÉ

2 tablespoons gelatine
¼ cup cold water
1 quart bouillon or consommé

Soften the gelatine in cold water and dissolve in hot bouillon or consommé. Pour into bouillon cups and chill, or let stand in a shallow pan until firm, then cut in cubes or beat with a fork before serving in bouillon cups. Serves 6.

BEEF BROTH

1 pound lean beef
3 cups cold water
½ teaspoon salt

Bottom of the round is a good cut for broth. Grind the meat or cut it very fine, cover with water and let stand an hour or longer so that the juices will be drawn out. Cook in a double boiler until the liquid turns reddish brown. Strain through a coarse sieve, let stand until cold and remove fat. In reheating do not allow the broth to come to the boiling point. Makes 1 pint.

CLAM BROTH

1 quart clams in the shell
2 cups water

Scrub clams thoroughly, add water and cook until the shells open. Strain the liquid through two thicknesses of cheesecloth and serve either hot or cold. Add salt if necessary. Serves 6.

CHICKEN BROTH

Follow the directions for White Stock, using chicken and omitting all seasonings except salt.

MUSHROOM CONSOMMÉ

¼ pound mushrooms
4 cups chicken stock

Wash mushrooms, peel, and remove stems. Chop peelings and stems and simmer in the well seasoned chicken stock for an hour. Strain and add the mushroom caps which have been sliced. Cook until mushrooms are tender (five or six minutes). Put a spoonful of whipped cream and a dash of paprika on each serving. Serves 6.

TOMATO BOUILLON

3 cups tomato juice
½ teaspoon salt
½ teaspoon celery salt
¼ teaspoon onion salt
6 peppercorns
4 cloves
Small piece bay leaf
1½ teaspoons sugar
2 cups beef stock or canned bouillon

For the tomato juice heat canned or fresh tomatoes and drain off the liquid part. Do not use the pulp. Add seasonings and simmer for fifteen minutes. Strain, add stock and bring to the boiling point. Serves 6.

SCOTCH BROTH

1 pound neck of mutton with the bones
1 medium sized carrot
½ small turnip
½ small onion
2 stalks celery
1 tablespoon minced parsley
5 cups water
½ cup barley
1 tablespoon butter or margarine
1 tablespoon flour
½ teaspoon salt

Cut the meat from the bones and remove the fat. Cut meat into small pieces and chop the vegetables fine. Put all into a kettle and cover with three cups of hot water. In another kettle cover the bones with water (two cups). Allow to simmer about one and one-half hours, replenishing the water if necessary. Add the barley to the first mixture when it begins to simmer. Strain the liquid from the bones into the soup. Thicken with the flour, which has been blended with the butter. Season with salt. Serves 6.

SPLIT PEA SOUP

1 cup dried split peas
1½ quarts ham liquor
1 quart water
1 small onion
1 bay leaf
3 peppercorns
2 tablespoons flour
2 tablespoons butter or other cooking fat
2 cups milk
⅛ teaspoon pepper

Soak the peas in cold water over night or for several hours. Add liquor in which ham has been cooked, water and seasonings. Instead of the ham liquor an extra one and one-half quarts of water may be used with a ham bone or piece of ham for flavor. Simmer until peas are soft and rub through a sieve. Thicken with the fat and flour which have been creamed together, add milk and bring to the boiling point. Add salt, if needed, and pepper. Serves 12.

PHILADELPHIA PEPPERPOT

¾ pound fresh honeycomb tripe
4 tablespoons butter or margarine
¼ cup chopped onion
3 tablespoons flour
6 peppercorns
2 bay leaves
3 cloves
7 cups white stock
1 tablespoon chopped parsley
2 tablespoons chopped pimiento
½ teaspoon Worcestershire sauce
¼ teaspoon pepper
1½ teaspoons salt
½ cup diced celery
2 cups diced potato
1 cup diced carrots

Cut tripe in small pieces. Heat fat in frying pan, add onion and cook until golden brown. Add flour and blend thoroughly. Add tripe, stock, and the peppercorns, bay leaves and cloves

tied in cheese cloth. Cook one-half hour. Add remaining ingredients and simmer for an hour. Remove bag of seasonings before serving. Serves 10.

CLEAR VEGETABLE SOUP

4 cups brown stock
2 cups water
½ cup diced carrot
⅓ cup diced onion
⅓ cup diced turnip
½ cup diced celery
½ cup diced potato

Mix stock and water and bring to boiling point. Add vegetables and simmer until they are tender. Season with salt and pepper if needed. Peas, tomatoes, parsnips and cabbage may be used in place of some of the other vegetables. The vegetables may be cut in shreds instead of dice.

Time in cooking, 1 hour. Serves 8.

THICK VEGETABLE SOUP

2 pounds soup bone
2 quarts water
1 teaspoon salt
⅛ teaspoon pepper
2 small carrots
2 stalks celery
1 small turnip
1 medium sized onion
1 potato
1 cup tomato (canned or fresh)
2 tablespoons barley

Remove meat from the bone, cut in small cubes and brown in a little fat. Crack bone and add to the meat. Cover with cold water, add salt and pepper and simmer for three or four hours, replenishing the water as necessary. Add vegetables, diced, and the barley which has been soaked in cold water for an hour. Simmer for an hour longer. Remove bone and add more salt if needed. Serves 12.

FRUIT SOUPS

RASPBERRY AND CURRANT SOUP

1 cup red raspberries
1 cup red currants
1 quart cold water
½ lemon
Sugar
2 tablespoons cornstarch
Pinch nutmeg

Cover berries and currants with the water and bring slowly to the boiling point. Let boil a few minutes to extract juice, and then strain. There should be a quart of liquid. Add juice and grated rind of lemon and sweeten to taste. Add cornstarch, moistened with a little cold water, and cook until thickened, stirring constantly. Add nutmeg. Serve hot or cold. Serves 6.

GRAPE JUICE SOUP

3 tablespoons pearl tapioca
2 cups boiling water
Pinch salt
Small piece stick cinnamon
2 cups grape juice
1 tablespoon lemon juice
2 tablespoons sugar

Soak tapioca in cold water for several hours. Drain, add boiling water, salt and cinnamon and cook in a double boiler until clear. Add grape juice, lemon juice and sugar and bring to the boiling point. Serve hot or cold. Serves 6.

ORANGE BOUILLON

2 cups orange juice
¼ cup sugar
1 tablespoon lemon juice
1 tablespoon arrowroot
¼ cup cold water

Strain orange juice through a coarse strainer. Put into double boiler with the sugar. Stir while heating, until sugar is dissolved. Then add lemon juice. Dilute arrowroot with the cold water. Add to orange mixture. Stir constantly until mixture thickens and becomes transparent. Cover and cook ten minutes. Chill and serve in bouillon cups. Serves 4.

FISH

Fish is important in the dietary as a source of protein, and salt water fish is especially valuable for the iodine which it contains.

The classes into which fish are divided are lean or dry-meated, like haddock, cod and halibut, and fat fish such as mackerel, salmon, shad and blue fish.

PURCHASING FISH

Buy only fish that is perfectly fresh. The flesh should be firm and elastic so that it springs back when pressed with the finger, the eyes bright and clear and the gills bright red. It has no strong, unpleasant odor.

When buying whole fish allow one-half pound for each person to be served; one-third pound of solid flesh.

DRESSING FISH

Fish is usually cleaned and dressed at the market and needs only to be wiped with a damp cloth to remove scales and clotted blood.

If it has not been dressed the first step is to remove the scales. This is done by scraping with a dull knife, beginning at the tail and working toward the head. The entrails are drawn out with the fingers, after slitting the underside of the fish with a sharp knife from the head nearly to the tail.

The head and tail may be removed or left on as preferred. With large fish, they are usually removed, except sometimes when the fish is to be baked. Small fish are often cooked with head and tail on.

To skin a fish remove fins and a strip of skin lengthwise of the back bone. Loosen the skin on one side at the bony part and draw it off, separating from the flesh with a knife.

To bone a fish run a sharp knife close to the back bone and ribs, beginning at the tail. Remove all the flesh from one side in a single piece. Small bones that remain can be picked out with the fingers.

A fillet of fish is a small piece, free from skin and bone. Large fish like halibut are cut in slices crosswise and the slices divided into smaller pieces Small fish are boned and cut in pieces of the desired size.

FROZEN FISH

For shipping inland, fish is often frozen, either whole or after being prepared in fillets, all ready for cooking. If fish is fresh when it is frozen it is a very acceptable product, differing little in flavor from a freshly caught fish.

Thaw the fish before cooking it by allowing it to stand in a cold place. If the process must be hastened, put the fish in cold water. The fish should be cooked very soon after thawing.

METHODS OF COOKING COMMONLY USED FISH

Fish	Boil or Steam	Bake	Broil	Fry or Pan Fry	Fish	Boil or Steam	Bake	Broil	Fry or Pan Fry
Bass		x	x	x	Pickerel		x	x	x
Bluefish		x	x	x	Pollock	x	x	x	
Pike		x	x	x	Salmon	x	x	x	
Bullheads	x			x	Trout — Brook			x	x
Butterfish		x	x	x	Trout — Sea		x	x	x
Cod	x	x	x	x	Shad		x	x	
Cusk	x	x			Smelt		x	x	x
Eels				x	Sole			x	x
Flounder		x	x	x	Swordfish		x	x	
Haddock	x	x	x	x	Weakfish		x	x	x
Halibut	x	x	x		White Bait			x	x
Mackerel	x	x	x	x	Whitefish		x	x	x
Perch		x	x	x					

BAKED FISH

A three to five pound fish, stuffed, is ideal for baking. If it is a lean-meated variety, lay a few strips of fat salt pork or bacon over it. Pieces of the fat under the fish keep it from sticking, and a rack or strips of greased cloth further facilitate removal from pan. Add a little water to the pan and bake in moderately

hot oven (375°–400°) allowing ten to fifteen minutes to the pound. Medium sized fish, split, and steaks or fillets cut from the larger varieties are also suitable for baking. The latter are often crumbed and brushed over with fat.

BOILED OR STEAMED FISH

Medium sized whole fish and thick chunks from larger fish are best for boiling or steaming. In order that the fish may not go to pieces and may be easily removed, wrap it in a piece of cheese cloth. Fish for boiling is often placed on a plate and the whole tied in a cloth. The water should be salted and if it is also acidulated (one tablespoon lemon juice or vinegar to a quart) and seasoned with onion, celery and herbs, the flavor of the fish will be improved. Do not boil rapidly, just simmer, allowing six to ten minutes to the pound, depending upon size and thickness. For steaming, a little longer time is needed.

BROILED FISH

Medium sized fish are split for broiling, small ones left whole, large ones cut in slices, preferably an inch thick. Rub with a little melted fat, unless fish is an oily variety. Place on a greased broiler, sear flesh side quickly, then reduce heat and cook until almost done. Turn and brown the skin side. For a slice of fish, allow equal time for cooking each side. Because fish breaks easily, avoid frequent turning unless a double broiling rack is available. Sprinkle with salt and pepper while cooking, and spread with butter when done.

FRIED AND PANFRIED FISH

Fish for frying must be in small pieces, either small whole fish or fillets. Prepare fish for deep fat frying by rolling in flour, dipping in slightly beaten egg, and rolling in fine crumbs. This coating will form a crust, preventing escape of juices and holding the fish in shape. Keep the fat at about 360°, frying only a small amount at a time. Cook until browned. For pan frying or sautéing, the egg need not be used but fish should be rolled in fine crumbs or corn meal so surface will be dry. Fry in a small amount of fat, browning both sides.

PLANKED FISH

Planking is an adaptation of baking or broiling. Choose fish of suitable size for the plank (which is usually fourteen to eighteen inches long and oval in shape). It may be split, left whole and stuffed, or a steak from a large fish may be used. Grease and heat plank, place fish on it, add seasonings; cook in a hot oven or, if a split fish or steak, place under a broiling burner. When almost done, garnish with cooked vegetables, set back in the oven or broiler to brown slightly.

BAKED STUFFED FISH

Choose a whole fish, weighing from three to five pounds. Leave the head on or cut it off as preferred. Wash the fish, wipe it dry and sprinkle the inside with salt. Fill with a well seasoned stuffing and sew up the opening or secure it with skewers. Lay the fish, back up, on a fish sheet or on strips of cloth in a baking pan. Make diagonal gashes in the skin of the back and insert strips of salt pork or bacon. Place a little pork or bacon in the pan. Dredge with flour and bake in a hot oven (400°) about an hour, basting often with the fat in the pan. Serve with white, parsley, egg or tomato sauce.

BAKED HALIBUT

1 pound halibut
1 cup canned tomatoes
½ cup water
Small piece onion
Sprig parsley
3 cloves
1 teaspoon sugar
1 tablespoon butter or other cooking fat
1 tablespoon flour
Salt, pepper

Clean fish, dry thoroughly and put in a baking pan. Mix tomatoes, water, onion, parsley, cloves and sugar and cook ten minutes. Melt butter, add flour and gradually add the hot tomato mixture. Add salt and pepper to taste, cook five minutes and strain. Pour half of the sauce on to the fish and bake in a moderate oven until the fish separates from the bone, basting often. Serve on hot platter, pouring the rest of the sauce around the fish. Garnish with parsley.
Time in baking, 50 minutes. Temperature, 350°. Serves 4.

FILLET OF SOLE

Have the fish, which, in this country, is most often flounder rather than real sole, cut in long fillets. Sprinkle with salt and pepper, roll and secure with toothpicks. Roll in flour, dip in beaten egg and roll in fine dry crumbs. Fry in deep fat at 360° until delicately browned. Serve with Tartar Sauce.

FRIED SMELTS

Clean the smelts, leaving on the heads and tails. Sprinkle with salt and pepper, roll in flour, dip in beaten egg and roll in fine, dry crumbs. Fry in deep fat at 360° for three or four minutes. Garnish with parsley or cress and lemon and serve with Tartar Sauce.

POT ROAST OF HALIBUT

2 large carrots
2 onions
1 cup diced celery
Boiling water
⅓ cup bacon fat or other cooking fat
2 pounds halibut
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon lemon juice
1 tablespoon minced parsley

Chop the vegetables quite fine and cook them for twenty minutes in boiling salted water to cover. Brown the fish in the fat, then transfer it to a baking dish, sprinkle with the salt and pepper, pour the lemon juice over and add the vegetables with one cup of the water in which they were cooked. Cover closely and bake one hour in a moderate oven. Turn on to a platter, surround with the vegetables and thicken the liquor in the baking dish with a tablespoonful of flour rubbed smooth with two tablespoonfuls of cold water. Sprinkle the minced parsley over all and serve with baked potatoes.

Time in baking, 1 hour. Temperature, 350°. Serves 6.

FISH STEAK IN MILK

1½ to 2 pounds fish steak
¼ cup flour
1 teaspoon salt
⅛ teaspoon pepper
1 small onion
1½ cups milk
6 strips bacon

Dredge the fish with the flour which has been mixed with the salt and pepper. Place in a baking dish, add the onion, chopped, and pour the milk over. Bake in a moderate oven, covering with the bacon fifteen minutes before the fish is done. Remove to a hot platter, sprinkle with chopped parsley and serve with the liquid in the pan.

Time in baking, 50 minutes. Temperature, 350°. Serves 6.

FISH ROE

Fish roe, which consists of thousands of tiny eggs clustered together, is an excellent food and generally considered a delicacy. Shad roe is best known but that of other fish is also good.

BAKED ROE

Dip the roe in milk, sprinkle with salt and pepper and roll in bread crumbs. Dot liberally with butter or other cooking fat and bake in a very hot oven (450°) for ten or fifteen minutes.

BROILED ROE

Brush the roe with melted fat and sprinkle with salt and pepper. Place on a greased broiler and cook about five minutes, turning once. Take care to prevent burning.

FRIED ROE

Sprinkle the roe with salt and pepper, roll in flour, dip in beaten egg, roll in crumbs and fry in deep fat at 360° for three or four minutes. It may also be panfried. Serve with lemon.

SALT AND SMOKED FISH

Fish is often preserved by salting, dry (salt cod) or in brine (salt mackerel), or by drying, smoking and salting (finnan haddie).

To prepare salt fish for cooking freshen by soaking in cold water until most of the salt is removed. The time required will be from one to twenty-four hours, depending upon the size and saltiness of the fish. When a large, split fish is to be freshened, lay it in the water flesh side down. If necessary to soak it for a long time change the water occasionally.

Smoked fish needs to stand in water only a short time (about an hour). Another method of freshening is simply to pour boiling water over it.

Salt and smoked fish, after freshening, are broiled, baked in milk, or flaked and served in a cream or drawn butter sauce. They can be used in a variety of made dishes too.

Smoked fish is often served, uncooked, as an appetizer.

CREAMED SALT COD

1 pound salt codfish
2 cups milk
3 tablespoons butter or margarine
3 tablespoons flour
1 egg
Pepper, paprika

Soak the fish for an hour in cold water. Separate into flakes, cover with fresh, cold water, bring to the simmering point and drain. Heat milk in double boiler, add fish and cook for five minutes. Blend butter and flour, thin with a little of the hot liquid and add to the milk and fish mixture. Cook until thickened, stirring constantly. Just before serving stir in the beaten egg. Season with pepper and paprika. Add salt if needed. Serve on toast or with baked potatoes.

BAKED FINNAN HADDIE

Put a two or three pound fish in cold water and bring to the simmering point. Drain, remove skin and trim. Place in a shallow baking pan, pour a cup and a half of milk over it, dot with butter and bake in a moderately hot oven (375°), basting occasionally with the milk. Thicken the liquid remaining with flour and serve as a sauce with the fish.

BROILED SALT MACKEREL

Freshen the mackerel by allowing to stand in cold water for twelve to twenty-four hours, changing the water several times. Drain and wipe dry. Put in a greased broiler and broil until browned on the flesh side, then turn to brown the skin. Spread with butter, sprinkle with chopped parsley and serve with lemon.

NEW ENGLAND SALT FISH DINNER

1½ to 2 pounds salt cod
¼ pound salt pork
6 potatoes
12 small beets
6 onions
1½ cups white sauce

Cut fish in portions suitable for a serving. Cover with cold water and allow to stand for an hour or two, changing the water several times. Drain, cover with fresh cold water and bring slowly to the boiling point. Drain. Cut the salt pork in dice and cook in a frying pan until crisp and brown. Cook the vegetables separately. Arrange the fish on a hot platter and cover with the white sauce. Garnish with the pork and arrange the vegetables around the edge of the platter. Serves 6.

SHELL FISH

Shell fish come under two headings, bivalve mollusks and crustaceans. The best known members of the first class are oysters, mussels, clams, and scallops; in the second are lobsters, crabs, and shrimps.

OYSTERS

Oysters are named from the place where, supposedly, they are raised. There are Blue Points, Cotuits, Lynn Havens, Providence Rivers and so on. The names have, however, come to mean certain types of oysters rather than serving to locate the beds in which they were grown.

The first step in preparing oysters for the table is to open the shell. This is not an easy task and best done at the market. If it must be done at home slip a strong, thin bladed knife under the smaller shell at the back and move it forward until it cuts the muscle that holds the shell together.

To prepare oysters for cooking run the fingers over each one carefully and remove any bit of shell that may have adhered.

Oysters that are purchased already shucked have been washed to improve their keeping qualities and should be free from liquid. Any liquor that is present has been added from the water faucet. Oyster liquor is a thing that does not exist, commercially.

Fresh oysters can be obtained in all parts of the country. They are opened, washed, and refrigerated at the oyster farms where they are gathered, and shipped in iced containers which will keep them in good condition for weeks.

PERFECTION FRIED OYSTERS

Use three or four large oysters for each person to be served. Make a thick white sauce and to each cup of this add a fourth cup of finely minced boiled ham or deviled ham. Season with a little lemon juice and celery salt. Coat the oysters with this sauce and let stand for several hours. Roll in crumbs, beaten

egg, and crumbs again, and fry in deep fat until golden brown. Temperature, 380°. Serve on thin rounds of buttered toast.

FRIED OYSTERS

Use large oysters. Dry them on a towel, roll in flour, dip in slightly beaten egg and roll in fine, dry crumbs. Fry in deep fat at 380°. A pint of oysters makes three or four servings.

OYSTER PIE, WHITE HOUSE STYLE

1 pint oysters
Salt, pepper, celery salt
1 pint rich cream sauce
1 cup diced, cooked celery
Dash of nutmeg
Pastry

Heat the oysters until the edges curl; add seasonings. Drain and add to the cream sauce together with the celery, which has been cooked in boiling salted water until tender. Season to taste, using a dash of nutmeg. A little onion may be added to the cream sauce. Line a baking dish from which the pie may be served, with pastry, fill with dry rice or beans, bake in a hot oven, remove the rice and fill shell with the creamed oyster mixture. Add the top crust cut with openings in leaf shape, and bake a golden brown. Flaked codfish combined with the oysters makes the codfish and oyster pie, so popular in the sixties.

Temperature, 425°. Serves 8.

SCALLOPED OYSTERS

1½ pints oysters
2 cups bread or cracker crumbs
½ cup milk
Salt, pepper
6 tablespoons butter or margarine

Arrange oysters and crumbs in alternate layers in a baking dish, dotting each layer with bits of butter and seasoning with salt and pepper. Have a layer of crumbs, dotted with butter, on top. Pour the milk over all and bake in a moderately hot oven. Time in baking, 30 minutes. Temperature, 375°. Serves 6.

MUSSELS

Mussels are a bivalve, similar to oysters, but have never become so widely popular. They are prepared and cooked as oysters are.

CLAMS

Clams are of two general varieties, hard and soft. Hard clams are known in many places as quohaugs. The large ones are used for soups, chowders and for cooking in various ways. The smaller ones, Little Necks and Cherry Stones, are favored for serving raw. The soft clams have shells which are thinner, flatter and not so round in shape. They are the variety preferred for steaming and may be cooked in any of the ways used for hard clams.

Clams can be purchased in the shell or already opened. If in the shell they must be alive. A closed shell indicates life; if the shell is open the clam should be discarded. To keep clams in the shell, cover with cold water and sprinkle with corn meal.

To prepare clams for use scrub and rinse the shell well, and open, either with a knife or by steaming, and remove the clams. Remove the hard neck end and take out the dark portion, the stomach, which is found in the soft part.

BAKED CLAMS

12 large clams
1 stalk celery
Paprika
Salt
3 tablespoons butter or margarine
2 cups buttered bread crumbs

Open clams carefully, scrub the shells, and reserve them. Mix minced celery, paprika, salt and small pieces of butter with the clams. Replace the mixture in the clam shells and cover with the crumbs. Place in a pan in a moderate oven and bake until brown. Serve with parsley and slices of lemon.
Time in baking, 30 minutes. Temperature, 350°. Serves 4.

FRIED CLAMS

Follow directions for Fried Oysters.

STEAMED CLAMS

Use clams in the shell for steaming. Scrub the shells with a brush and rinse thoroughly, in running water if possible. Put in a kettle, add a cup of boiling water to four quarts of clams, cover and cook until the shells open. Be careful not to overcook. Serve immediately with dishes of melted butter into which the clams are dipped as they are removed from the shells. Cups of the broth are usually served as an accompaniment to steamed clams.

SCALLOPS

The scallop is another member of the bivalve mollusk family. The edible portion is the large central muscle, which appears as a round piece of solid white flesh. This is the only part marketed, and is all ready to cook.

FRIED SCALLOPS

Follow the recipe for Fried Oysters. Scallops are sometimes parboiled for one minute, drained and wiped dry before frying.

SCALLOPS IN WHITE SAUCE

1 pint scallops — 1½ cups thin white sauce

Add scallops to the sauce and cook in a double boiler for fifteen minutes. A little chopped parsley, green pepper or pimiento may be added for color and flavor. Garnish with toast points.

LOBSTERS

Lobsters are obtainable throughout the year but are best from March to November. The average lobster weighs about two pounds. The size increases with age and in making a selection look for the ones that are heavy in proportion to their size. The meat of a light weight lobster is apt to be tough and stringy.

Lobsters when taken from the water usually are of a very dark mottled bluish green color, unless they come from a sandy waterbed when they may be reddish brown in appearance. They have great strength in their large claws, therefore these are usually wedged open by driving wooden plugs into the joints of the claws to prevent them from nipping.

BOILED LOBSTER

Lobster meat is prepared for use by boiling the lobster whole, while it is still alive.

Use sea water if obtainable. If it is not obtainable have ready a large pan containing an abundance of furiously boiling fresh water to which a tablespoonful of salt for each two quarts has been added. Plunge the lobster, head first, into this and cook from twenty to thirty minutes according to size. But beware of overcooking, as this renders the meat tough and stringy. As soon as it touches the water the lobster turns a brilliant red color.

After cooking place on a platter, claws down, to drain; then wipe dry and set aside until cool enough to handle.

Place the boiled lobster on its back on the table and remove both large and small claws. If to be broiled, split lengthwise from the head right down through the body to the tip of the tail, using a large, sharp knife. If to be used for entrées or salad, separate the head or body portion from the tail at the point where these join by giving a sharp twist with the hands. With a sharp knife open the tail by cutting through the thin cartilage, beginning at the body end and working downwards. After removing the thin shell or cartilage the meat in the tail portion is fully exposed, and can readily be lifted out of the shell. The only part to be discarded from this section of the lobster is the intestinal cord which runs right down the very center of the back and which may be a dark greenish color, or may have but very little color. Open the body by splitting down the center. Remove the feathery, gill-like portions, sometimes referred to as "fingers," which lie around the meat close to the shell, and also the sandbag, stomach or "lady" as it is often called. This sandbag is found in the center of the body; it is tough and cartilaginous, grayish green in color. The female or hen lobster usually contains "coral" as the eggs are called. This should be kept and used for garnishing. The meat is best separated from the cartilage by means of a sharp pointed knife and nut pick. The soft, grayish green substance found in a lobster is fat and should be saved. Crack the large claws carefully with hammer or nut cracker and remove flesh. The small claws contain very little meat and are generally used only as a garnish or in the soup pot. If they are to be opened split them lengthwise with scissors and remove meat.

BROILED LOBSTER

With a sharp knife cut between the tail and body shells to sever spinal cord and kill the lobster. Turn the lobster on its back and cut down through the center of the body and entire length of tail. Spread open and remove intestinal vein and stomach. Spread the lobster out as flat as possible, brush over with melted butter and place on a broiler, shell side down. Broil slowly until delicately browned (about fifteen minutes), turn

and broil on the shell side for five minutes longer. The fat of the lobster may be mixed with seasoned, buttered crumbs, spread over the body portion and browned in the broiler. Serve immediately with melted butter.

CRABS

The crab is a smaller crustacean than the lobster, used in both hard and soft shell stages. A soft shell crab is one which has just shed its shell and its new covering still soft.

HARD SHELL CRABS

Plunge hard shell crabs first into boiling salted water (two teaspoons salt to one quart water) and cook twenty to thirty minutes. Cool in cold water, pull off claws and remove apron. Then pull the upper and lower shells apart and discard the matter which clings to them. Break body and take out meat. Crack claws and remove meat.

SOFT SHELL CRABS

To prepare soft shell crabs, wash carefully, lift up the pointed flaps at either side of the back shell and remove the spongy substance under them. Remove the pointed piece, called the apron, at the lower part of shell and the spongy material under it. The crabs are then ready for cooking.

FRIED SOFT SHELL CRABS

Prepare the crabs as directed above, sprinkle with salt and pepper, roll in flour, dip in slightly beaten egg, roll in fine, dry crumbs and fry in deep fat at 360°. The crabs will rise to the top and must be turned to brown on both sides. Four to six minutes will be required for cooking. Instead of being crumbed the crabs may be dipped in batter.

SHRIMPS

Shrimps are a very small variety of crustacean, from one to three inches in length. *Prawns* are a larger variety of shrimp.

BOILED SHRIMPS

Shrimps are prepared by boiling in salted water until they turn pink (ten to twenty minutes). Remove meat from shell and take out the black vein that runs the length of the body.

FRIED SHRIMPS

Sprinkle shrimps with lemon juice, salt and pepper and let stand fifteen minutes. Roll in flour, dip in slightly beaten egg and roll in fine crumbs. Fry in deep fat at 380°.

See index under Fish and Shell Fish for additional fish recipes.

MEAT

Meat is the flesh of any animal used as a food.

It is most important to remember that meat must not be subjected to too high a temperature because it is a protein food. That a relatively hot oven is used for choice roasts seems contrary to the rule, but as meat is solid, heat does not penetrate rapidly, and the temperature of the interior remains low.

The quality of meat depends not only on the part of the animal from which it is taken but also on the animal itself. An animal from good stock, carefully fattened, yields a superior quality of meat.

In purchasing meat the amount of bone and cartilage in proportion to the meat must be taken into consideration. One piece may be a few cents lower per pound than another, but the amount of waste may make the cost of the edible portion higher.

When buying solid meat allow one-fourth to one-third pound per person. If there is considerable waste the amount will need to be increased.

Keep meat in the coldest part of the refrigerator, preferably in a covered container. Always remove the outer wrapping. If a parchment or other non-absorbent paper is used next to the meat that may be left on and used as a covering in place of a dish.

Tough meat can be made a little more tender by pounding with a blunt instrument to break the fibers, by rubbing over with acid (vinegar or lemon juice) before cooking or by cooking in an acidulated liquid.

Roasting. Roasting is suitable only for meats that are short-fibered, fine-grained and which do not contain tough connective tissue. These cuts come from the parts of the animal where the muscles are least used. Cuts containing more connective tissue and coarser fibers need a moister atmosphere to make them tender.

To roast meat, first put it into a very hot oven (500–550°). This will sear the surface quickly, preventing escape of juices, will brown the meat and develop a delicious flavor. Then reduce the heat to from 350° to 400° (the exact temperature depending on the character of the meat and size of the piece) so that the outer portion will not become hard and dry before the heat has penetrated to the center. Unless a covered, self-basting roaster is used baste the meat frequently with the liquid which collects in the pan

Broiling. Broiling is a method used for choice cuts of meat in small pieces — steaks, chops, and small birds. Place the meat in a preheated broiling oven, in a broiling rack over glowing coals, or in a special broiler over a top burner and sear quickly on both sides. Then reduce the heat and cook more slowly until the meat is done as desired, turning often to insure even cooking.

Pan Broiling. Pan broiling, like broiling, is suitable for choice meats. Results approximate those obtained in a broiling oven. Heat the pan until very hot and sear the meat quickly on both sides. Reduce heat and finish cooking more slowly, turning often. To keep the meat from sticking to the pan, the pan may be rubbed very lightly with a little fat.

Frying and Sautéing. Small pieces of tender meat may be fried in deep fat or cooked in a small amount of fat in a frying pan. The meat should be egged and crumbed before frying.

Fricasseeing. Fricasseeing is a good method to use with less choice cuts of meat. The meat, cut in pieces, is first sautéed in a little fat, then water is added and it is simmered until tender.

Pot Roasting. Pot roasting is cooking in a small amount of water on top of the stove. Heat the kettle, and sear the meat until browned on all sides, to retain the juices and to give flavor. Add a cupful or two of water, cover and cook until the meat is tender. Do not boil rapidly, just simmer. Add seasonings when the meat is partially cooked. Vegetables may be cooked with the meat if desired. If a heavy, closely covered kettle is used it will not be necessary to add water.

Boiling. Boiling is cooking meat, usually a large piece, in boiling water. Have the water boiling vigorously when the meat is put in so that the outer surface will be quickly coagulated; then simmer until the meat is tender, adding seasonings toward the end of the cooking period. **Steaming** may take the place of boiling.

Stewing. For stewing the meat is usually cut in small pieces and vegetables are added. It is an excellent method to use with inexpensive cuts. Cut the meat in even pieces, discarding gristly portions and most of the fat. Cover with boiling water and cook until tender, adding seasonings when partly cooked. Add vegetables, cut in small pieces, allowing time for them to become tender. Searing the meat first in a hot pan improves the color and flavor of the stew.

Braising. Braising is cooking in a covered dish with a small amount of water, either on top of the stove or in the oven. When meat is braised finely cut vegetables are usually added.

BEEF

Good beef is firm and fine in texture. The surface of a freshly cut piece should be bright red in color, and even when it has been cut for some time it should still be a clear red, though darker. The fat is firm, with a clear yellowish tinge.

The beef creature is first cut through the back bone into halves which are called sides. Each side is then cut just back of the ribs into fore- and hindquarters, and the quarters cut into smaller pieces, following the anatomical divisions of the animal. The beef creature is large so that many cuts can be obtained from each quarter.

Beef is cut differently in different sections of the country and various names are given to the small cuts.

CUTS OF BEEF

For Roasts

Rib roasts, the first cuts from the forequarter (known as prime ribs) are considered choicest. When they have the bones removed and the meat rolled firmly they are known as **rolled roasts. In standing roasts** the bones have been left in. The rolled roast is easier to carve but the flavor of the meat is a little better when the bones are left.

Chuck ribs, which lie in the forward cut of the forequarter, are sometimes roasted but they are much less tender.

Sirloin roasts are cut from the loin in the hindquarter. They are juicy and tender, next to the prime ribs in quality.

Rump roasts are from the rump, the upper end of the hindquarter, next to the tail. They are less tender than rib and sirloin roasts, but solid, juicy and well flavored. The back of the rump is the choicest cut.

Tenderloin. This is a tender muscle lying in the loin just under the back bone. The meat is very tender, but dry and often lacking in flavor. When larded it makes an excellent roast. The whole strip of meat is sold in one piece for a roast and is called a fillet.

Cuts for Steaks

Porterhouse steak is generally considered the most desirable cut. It is taken from the middle of the loin and contains a T-shaped bone, a portion of tenderloin, a larger piece of tender meat and an end piece of poorer quality.

Club steaks are Porterhouse steaks from which the tenderloin has been removed and the end trimmed.

Delmonico steaks are cut from the loin at the rib end. They are very like Porterhouse steaks but contain little or no tenderloin.

Sirloin steaks are cut from the loin, back of the Porterhouse. The different cuts have different names, depending on their location — wedge-bone, hip-bone, double-bone, butt-end.

Tenderloin steak is a slice cut across the tenderloin. It is also known as **fillet mignon.** The cut is very desirable because of its fine texture and tenderness, but the meat tends to be dry and needs a sauce to enrich it.

Rump. Good steaks are cut from the back of the rump. They are solid meat, the most economical of the steaks suitable for broiling.

Round. The top of the round makes very good steaks, juicy and with no waste, but is not usually tender enough for broiling.

Flank is a thin piece of meat, lying just below the loin. It is inexpensive and of excellent flavor, but coarse-fibered and best adapted to long, slow cooking.

Cuts for Pot Roasts and Braising

The **round,** either top or bottom, is used for pot roasts. The bottom round is less tender than the top, but excellent for this method of cooking.

Chuck, which is the part of the creature nearest the neck, is a good cut for pot roasts. It contains a good proportion of fat, making the meat juicy.

The **middle** and **face** of the **rump,** the less choice parts, are adapted to pot roasting.

Cuts for Stews

Meat for stewing can be taken from the least choice cuts — neck, chuck, plate, bottom round, top of shank.

Cuts for Soups

The least expensive cuts are best because they are the juiciest. A marrow bone adds flavor, the shank bones being particularly desirable for soup making. Cuts from the neck and plate are also used.

Corned and Dried Beef

Corned beef is beef preserved by curing in a brine. The brisket, rump and plate are used. Corned beef is cooked by boiling.

Dried beef is made from the large muscles of the beef round, smoked and salted.

ROAST BEEF

Put the meat in a roasting pan, fat side up, dredge with flour and sprinkle with salt and pepper. Put into a very hot oven (500°) and after the surface is seared (fifteen to twenty minutes) reduce the temperature to 375°. Allow fifteen to eighteen minutes to the pound for rare roast beef, eighteen to twenty minutes for medium and twenty to twenty-five for well done, counting the time after the meat is seared. If an open roasting pan is used baste the meat frequently with the fat which cooks out of it. Make gravy in the pan, following the directions on page 137.

POT ROAST OF BEEF

Heat a heavy kettle or deep frying pan and sear the entire surface of the meat. Sprinkle with salt and pepper, add a cup of boiling water and cover tightly. Simmer until the meat is tender, adding more water if necessary. Only a small amount of water should be used but care must be taken to prevent burning. Allow about an hour to the pound. Vegetables, such as potatoes, carrots, turnips and onions may be added for the last hour of cooking if desired. Thicken the liquid for gravy according to the directions on page 138.

SAUER BRAUTEN

3 pounds rump roast
1 cup water
1 cup vinegar
2 large onions
1 teaspoon salt
8 bay leaves
12 cloves
⅛ teaspoon pepper

Pour water and vinegar over meat, slice onion over it, and add other ingredients. Allow to stand forty-eight hours, turning several times. Cook like a pot roast.

PORTO RICAN POT ROAST

3 pounds beef (inexpensive cut)
1 small bottle stuffed olives
¼ pound salt pork
1 large onion, chopped
1 cup boiling water
1 pint canned tomatoes
2 teaspoons salt

Make incisions in beef and stuff with chopped olives and salt pork. Brown on all sides in a little fat to which onion has been added. Add boiling water and tomatoes and simmer until tender. Thicken liquid for gravy. Season with salt.

Time in cooking, 3 hours.

BEEF À LA MODE

3 to 4 pounds round of beef
¼ pound fat salt pork
¼ cup diced carrot
¼ cup diced onion
¼ cup diced celery
Few sprigs parsley
Small piece bay leaf
2 cups boiling water

Make incisions in the beef and insert strips of salt pork in them. Brown the meat well in a little fat. Sprinkle with salt and pepper, add vegetables, seasonings and water. Cover, and simmer or cook in a moderate oven (325°) until the meat is tender (3–4 hours). Strain the liquid and thicken it for gravy.

NEW ENGLAND BOILED DINNER

2–3 pounds corned beef
3 medium sized parsnips
3 medium sized carrots
2 white turnips
1 small head cabbage
6 potatoes
6 small beets

Wash meat with cold water, cover with cold water and bring to the boiling point. (If very salt it may be soaked in cold water for several hours before cooking.) Skim, cover the kettle and simmer until the meat is tender (four to five hours). An hour before serving add parsnips and carrots peeled and cut in quarters lengthwise, turnips peeled and sliced, and cabbage cut in quarters. Half an hour later add potatoes. Cook beets separately. Remove meat from the liquor and place on a platter. Drain vegetables and arrange around the meat.

HAMBURG CAKES

Chop lean, raw beef fine, season with salt and pepper, and minced onion, if desired. Shape into small flat cakes and broil in a lightly greased broiler or frying pan, turning often. Five to ten minutes will be required. Spread with butter. In shaping the cakes handle as little as possible, for if pressed too compactly the cakes will be solid and hard.

HAMBURG WITH CARROTS AND ONIONS

1 pound Hamburg steak
2 onions
1 carrot
1 can condensed tomato soup

Place half the meat in a greased casserole, flatten out and cover with the onions and carrot, sliced thin. Cover with the rest of the meat and pour over it the soup which has been diluted with a can of water. Bake in a moderate oven.

Time in baking, 1½ hours. Temperature, 350°. Serves 4.

HAMBURG PIES

Season one pound of Hamburg steak with salt, pepper and a little prepared mustard and onion juice. Shape into round cakes and wrap in pastry which has been rolled as for pie crust. Brush over with milk and bake in a hot oven.

Time in baking, 30 minutes. Temperature, 400°. Serves 6.

BEEF LOAF

1½ pounds ground round steak
1 cup bread crumbs
1 egg
¾ cup milk
2 tablespoons chopped onion
6 strips salt pork
2 tablespoons chopped parsley
1 teaspoon celery salt
½ teaspoon Worcestershire sauce
1 teaspoon salt
¼ teaspoon pepper

Mix the meat with the bread crumbs, add beaten egg, milk and seasonings. Pack into a greased loaf pan, lay the strips of pork over the top and bake in a moderate oven. Serve hot or cold.

Time in baking, 1¼ hours. Temperature, 350°. Serves 8.

BROILED STEAK

Steak should be cut at least an inch thick. Wipe the meat with a cloth and place on a broiler that has been heated. Sear both sides quickly, then reduce the heat and cook more slowly, turning frequently. The time will depend on the thickness of the meat and the heat used. Ten to twelve minutes is the average time for an inch and a half steak, cooked rare. If the meat is preferred medium or well done more time must be allowed. Remove to a hot platter, spread with butter and sprinkle with salt and pepper.

BAKED STEAK

2 to 3 inch boned sirloin
Marrow or butter
1 lemon
1 green pepper
2 large Bermuda onions
1 cup catsup

Place the steak in a baking pan. Spread thickly with marrow or butter or both and sprinkle with salt and pepper. Add a layer of thinly sliced lemon, and then one of chopped green pepper. Cover with slices of the onion. Over all pour the catsup. Place in a hot oven (425°) and bake, allowing twenty minutes to the pound, basting often. Fresh or canned mushrooms may be added to the gravy in the pan twenty minutes before serving and placed about the steak on the platter. Serves 6.

DEVILED FLANK STEAK

2 tablespoons cooking fat
1 large onion
1 flank steak
2 tablespoons flour
1 teaspoon salt
½ teaspoon pepper
¼ teaspoon paprika
1 teaspoon mustard
3 tablespoons vinegar
2 cups hot water

Heat fat in frying pan; slice onion and brown in the fat. When onion is brown, remove from pan. Cut steak in strips, dip in flour, and cook in the fat. Remove meat from pan and add to the remaining fat the seasonings, vinegar, and remainder of flour. Add hot water, replace steak in pan, cover closely and simmer until tender. Place meat on platter with boiled potatoes or carrots and pour gravy over.

Time in cooking, 3 hours. Serves 6.

PLANKED STEAK

Broil a thick Porterhouse or sirloin steak until half done and place on a hot, greased plank. Arrange around it cooked vegetables such as bunches of asparagus tips, tiny whole carrots, beets or onions, piles of chopped carrots or beets, string beans or peas, broiled tomato slices, large mushroom caps, stuffed tomatoes, peppers or onions. Surround with a border of duchess potato forced through a pastry bag. Brush all with melted butter and put in a hot oven to brown the vegetables and finish cooking the steak.

SALISBURY STEAK

2 pounds Hamburg steak
2 teaspoons minced onion
Salt, pepper
1 teaspoon lemon juice
Pinch nutmeg
1 egg yolk

Mix ingredients and shape into small, flat cakes. Pan-broil and serve with Mushroom Sauce (page 138).

SWISS STEAK

Pound into a slice of round steak as much flour as it will hold. Sprinkle with salt and pepper. Brown in bacon drippings, on top of stove. Add one and one-half cups canned tomatoes, one cup hot water, and a cup of peas. Simmer on top of stove or cook in a moderate oven until tender.

Time in cooking, 3 hours. Temperature, 325°.

MOCK DUCK

Spread a thin slice of round or flank steak with Apple Stuffing (page 146). Roll up and tie securely. Sear in a little hot fat, sprinkle with salt and pepper, add a cup of water, cover and bake in a moderate oven until tender.

Time in baking, 2 hours. Temperature, 350°.

VEAL

Veal is the meat from a young calf. It is at its best when the animal is from six weeks to three months old. "Bob veal," meat from a calf younger than six weeks is unfit for food.

Good veal is pink in color and contains a small proportion of white fat. Bob veal can be distinguished from the meat of an older animal by its lack of color.

Veal should be eaten soon after it is dressed because it does not keep well.

Veal needs to be thoroughly cooked. In order to soften the connective tissue and make the meat tender and palatable long cooking at a low temperature is desirable. Fat should be added during the cooking to supply the deficiency in the composition of the meat. Veal is bland in flavor and is improved by being cooked with a well-seasoned stuffing or served with a sauce.

The tissues of veal contain a large proportion of gelatine which makes the meat excellent for soup stock.

Veal, like beef, is cut into quarters, but since the animal is much smaller there are fewer subdivisions. The forequarter is divided into the rack which is the rib section, neck, head, shoulder, and breast.

CUTS OF VEAL

For Roasts

The **leg** is the best cut for roasting. It is solid meat, fine-grained and short-fibered. The **shoulder** and the **breast,** boned and rolled, make satisfactory roasts. Roasts are also cut from the **rack,** the rib section of the forequarter and from the **loin** in the hindquarter.

Cuts for Chops

Rib chops are cut from the rack and **loin chops** from the hindquarter.

Cuts for Steaks

Steaks are cut from the loin and from the leg. The latter are used for **cutlets.**

Cuts for Stews and Casserole Dishes

For stews and casserole dishes the **neck** and **shoulder** are the least expensive and can be used to advantage.

Cuts for Soup

The **shanks** are the best cuts for soup. The foreshank or knuckle is used for jellied veal.

ROAST VEAL

Sprinkle meat with salt and pepper and dredge with flour. Place in a roasting pan and lay thin slices of salt pork over it to supply fat which is lacking in the meat itself. Put into a hot oven and after fifteen minutes reduce the temperature to moderate (350°). Cook until thoroughly done, allowing twenty-five to thirty minutes to the pound. Baste frequently with the fat in the pan unless a self-basting roaster is used. Make gravy according to the directions on page 137.

Veal is especially good with a bread stuffing. To prepare a roast with stuffing have the bone removed, fill the cavity and tie in shape.

VEAL BIRDS

1½ pounds veal steak
1 cup bread crumbs
½ teaspoon onion juice
1 egg
Melted butter or margarine
Salt, celery salt, pepper

Have the veal cut about one-half inch thick and then pound until quite thin. Cut in three or four inch squares. Chop trimmings, add crumbs, onion juice, slightly beaten egg and enough melted butter to make a paste. Season to taste with salt, celery salt and pepper. Spread each square of meat with this mixture, roll and hold in place with toothpicks or string. Dredge with flour with which salt and pepper have been mixed and brown in hot fat in a frying pan. Add two cups of water, cover closely and simmer or cook in a moderate oven until the meat is tender. Thicken the liquid for gravy with a little extra flour if necessary. Remove toothpicks or strings from the birds before serving.

Time in cooking, 50 minutes. Temperature, simmering or 325° in oven. Serves 6.

VEAL CROQUETTES

1 small onion, cut fine
1 tablespoon fat
2 cups veal stock
1 egg yolk
4 tablespoons cornstarch
1 teaspoon salt
Paprika, black pepper
4 cups finely chopped boiled veal
½ cup broken pecan meats
½ lemon

Cook onion in fat until golden brown, add to it one and one-half cups of the stock and bring to boiling point. Beat into the egg yolk the cornstarch mixed smooth with remaining half cup of stock. Pour heated stock over egg mixture and cook until very stiff, stirring constantly. Add salt, pepper, and paprika and remove from the stove. Stir in veal, which has been mixed with nuts and lemon juice. Let mixture become very cold. Mold into croquettes. Roll in fine crumbs, then in egg beaten with one tablespoon of water, and finally in crumbs again. Fry in deep fat. Arrange on a platter, surround with lettuce leaves, and serve with mayonnaise dressing.

Time in cooking, 3 minutes. Temperature, 360°. 18 croquettes.

VEAL CUTLET IN MILK

1½ pounds veal steak
1 egg yolk
1 teaspoon water
Toasted bread crumbs
Salt and pepper
1 pint hot milk

Cut one-half inch thick veal steak into pieces for serving. Beat the egg yolk and add the water. Into this dip the veal, then roll it in the bread crumbs, which have been seasoned with salt and pepper. Brown the veal quickly on both sides in hot cooking fat in a frying pan. Pour over it the hot milk, cover, and cook in a slow oven until tender, removing the lid for the last fifteen minutes.

Time in baking, 1½ hours. Temperature, 300°. Serves 6.

VEAL LOAF

1½ pounds ground veal
1 cup soft bread crumbs
½ cup stock or water
1 egg
1 teaspoon sage or poultry seasoning
2 tablespoons chopped onion
Salt, pepper
2 tablespoons butter or margarine
2 tablespoons hot water

Mix meat and bread crumbs. Add stock, beaten egg and seasoning and mix thoroughly. Pack into a greased loaf pan and bake in a moderate oven, basting occasionally with the butter melted in hot water.

Time in baking, 1¾ hours. Temperature, 350°. Serves 8.

SPANISH VEAL

1¼ pounds ground veal
2 tablespoons melted butter or margarine
½ cup bread crumbs
1 teaspoon chopped parsley
1 teaspoon salt
1 egg
2 tablespoons flour
2 tablespoons fat
6 small potatoes, peeled and quartered
6 small onions, sliced
1 green pepper, chopped
¼ teaspoon pepper
1 teaspoon sugar
½ teaspoon Kitchen Bouquet

Mix together the chopped veal, melted butter, bread crumbs, chopped parsley, salt, and well beaten egg. Form into balls, roll in flour and brown in fat. Put remaining ingredients in the pan, add a little water, cover and bake in a moderate oven.

Time in baking 1½ hours. Temperature, 350°. Serves 6.

LAMB AND MUTTON

Lamb is the flesh of sheep under a year old. Spring lamb, which is considered the most desirable kind, is six weeks to three months old. Lamb may be judged by the leg joint, it is jagged in the young animal, but later becomes smooth and round.

Mutton is the flesh of sheep over a year old. The best mutton is cut from sheep about three years old. Under that age it lacks flavor and is likely to be tough.

Lamb should be of fine, firm fiber, light pink in color. The bones are pink, or slightly streaked with red. It contains only a small amount of fat.

Mutton is deeper red in color and the bones are white. The fat, which is present in considerable quantity, should be firm, white, and flaky.

Lamb is generally preferred well done, mutton rare.

CUTS OF LAMB AND MUTTON

The cuts of lamb are similar to those of veal. The hind quarter is divided into loin and leg; the forequarter into rack or ribs, chuck or shoulder, neck, head and breast.

Cuts for Roasts

The **leg** makes the choicest roasts. It is practically all solid meat, except for the single long bone. It is tender and can be carved to good advantage.

The **shoulder** is a cheaper roast, containing considerable bone and fat, but satisfactory. To be used to advantage it should be boned and rolled.

The **breast,** the lower part of the forequarter, is also used for roasts.

A **crown roast** consists of two pieces from the rack, one from each side, both containing the same number of ribs. They are trimmed, formed into semi-circles and skewered together in a circle.

A **saddle of mutton** is a piece cut through the loin before the back bone has been split to divide the animal into sides.

Cuts for Chops

Rib chops are cut from the forequarter; each contains a rib bone. **French chops** are rib chops in which the bone has been scraped clean, nearly to the lean meat.

Loin chops are cut from the hindquarter and contain a bit of tenderloin. When taken from the kidney section they are known as **kidney chops.** The edible portion is greater in loin than in rib chops but the price per pound is higher.

Chops are also cut from the **shoulder.** They contain bone and gristle but are inexpensive and good. They can be best cooked by a long, slow process.

Cuts for Boiling

Leg of lamb or mutton is often boiled. The **breast** and **shoulder** are also suitable for this method of cooking.

Cuts for Stews and Fricassees

The **neck, chuck, rack** and **flank** or **plate** should be purchased for stews and fricassees. They contain fat and cartilage, most of which is removed before cooking.

ROAST LAMB OR MUTTON

Wipe the meat, dredge it with flour, sprinkle with salt and pepper and place in a roasting pan. Put into a hot oven (500°) and after fifteen minutes reduce the heat to moderate (350°). Cook until tender, basting frequently with the fat in the pan, unless a self-basting roaster is used. The time required will be twenty to thirty minutes to the pound, depending on the age of the animal and the quality of the meat. Mutton is often liked a little rare; lamb is usually preferred well done. Make gravy in the pan, following the directions on page 137.

A roast of lamb or mutton from the shoulder or breast is often stuffed with a bread stuffing before roasting. The meat is boned, spread with the stuffing mixture, rolled firmly and tied or skewered in place.

CROWN ROAST OF LAMB

Have a crown of lamb prepared at the market (see page 104). Wipe carefully and rub over with flour with which salt and pepper have been mixed. To keep the ends of the bones from burning cover them with a stiff dough of flour and water or put a cube of salt pork on each one. Put in a baking pan and roast, as above, allowing from one and one-half to two hours. The center of the crown may be filled with the trimmings of meat, chopped and seasoned, or with a bread stuffing, before roasting, or cooked and seasoned vegetables may be arranged in it just before serving.

BROILED CHOPS

Wipe the chops and lay them on a greased and heated broiler. Sear quickly on both sides and then cook at a slightly lower temperature, turning frequently, until done. For chops an inch thick about ten minutes will be required. Remove to a hot platter, spread with butter and sprinkle with salt and pepper.

A hot, ungreased pan may be substituted for the broiler.

BRAISED SHOULDER CHOPS WITH MIXED VEGETABLES

4 shoulder chops
Salt, pepper
1 cup carrots
½ cup turnips
½ cup celery
½ cup onion
1 cup water or stock

Brown the chops on both sides in a hot frying pan. Season with salt and pepper. Mix the vegetables, which should be cut in small dice, add a little salt and place in a baking dish. Arrange the meat on the vegetables, add water and cover closely. Bake in a moderate oven until meat is tender.

Time in baking, 2 hours. Temperature, 325°.

INDIVIDUAL GRILL OF LAMB CHOP

Place a thick broiled chop on an individual plate and surround with crisp parsley. Season with salt, pepper, and butter. On top lay a crisp strip of bacon and mount this with a plump brown sausage. If the bacon strip will curl a bit the sausage may be enclosed in it. On one side of plate put a Potato on the Half Shell, and mint jelly on an orange round.

PORK

Pork is the flesh of pig or hog. It contains more fat than any other meat and is consequently more difficult to digest, but higher in fuel value.

Good pork is pink in color and the tissues are fine-grained. The skin and fat are white and clear, except the kidney or leaf lard which is sometimes slightly pink.

Pork must always be thoroughly cooked. It is not only distasteful but dangerous to health if it is underdone.

CUTS OF PORK

Pork, unlike other meat animals, is not divided into quarters, just into sides. The loin of pork includes the rib portion of the upper cut of the body of the animal as well as the part corresponding to the loin of beef and lamb. Above the loin is a strip of fat known as the fatback. Under the loin is the belly, containing the spare ribs. The upper part of the belly is often called the middle cut of pork. Other cuts are the ham, which is the hind leg, the shoulder, head, and hock.

Some cuts of pork are salted and smoked, ham, smoked shoulder, bacon and salt pork.

Ham is the cut including the upper part of the hind leg of the pork animal. Unless fresh ham is specified the term ham is taken to mean the meat which has been salted and smoked.

Bacon is the salted and smoked flank of pork. It is largely fat.

Salt pork is pork fat, salted without smoking. The best cut is taken from either side of the back bone.

Cuts for Roasts

Loin cuts make the best roasts. **Fresh ham** and **shoulder** are also roasted. For the latter boning is advisable.

The **tenderloin,** which is a small, very choice piece of pork, is sometimes cut open, stuffed, and roasted. It is sold with the loin as part of a roast as well as separately.

A crown roast of pork is prepared from two rib sections of the loin, in the same manner as crown roast of lamb.

Young pigs, not older than six weeks, are roasted whole.

Cuts for Chops

Chops are cut from the **loin**

Cuts for Steaks

Steaks are obtained from the **loin** and from **fresh ham.** Many markets do not cut pork steaks.

Tenderloins may be split and broiled like steaks.

Miscellaneous Cuts

Pork is more completely utilized than any other animal. Almost every bit of it, from the snout to the tail is edible, prepared in one form or another.

The **head** is boiled, bones removed and the meat pressed into head cheese. Scrapple is also made from the head. The **snout** and **ears** are sometimes used separately, cooked with vegetables.

The **hock** or **shank** is boiled and corned.

The meat of the **feet**, though very small in amount, is considered a delicacy by many people. The feet are boiled or pickled.

The **tail** is boiled or sautéed.

Sausage is pork from any part of the animal, a mixture of lean and fat, ground and seasoned highly.

ROAST PORK

Dredge roast lightly with flour and sprinkle with salt and pepper. Place in a roasting pan and cook slowly (350°) until thoroughly done, basting occasionally unless a self-basting roaster is used. The time required is twenty-five to thirty-five minutes to the pound. If the roast is well covered with fat as most cuts of pork are it is not necessary to sear in a hot oven; the fat prevents the juices from escaping. Make gravy in the pan according to the method given on page 137.

CROWN ROAST OF PORK

Have a crown roast prepared (see page 107) and cook according to the directions for Crown Roast of Lamb.

ROAST PIG

A pig for roasting should be between three and six weeks old. After the pig has been drawn scrape it all over. Clean the ears, nostrils and vent near the tail with a skewer covered with a soft cloth. Scrape the tongue, lips and gums and remove the eyes. Wash the pig and wipe dry. Dust the inside with salt and pepper, fill with stuffing (see page 147) and sew up the incision. Press the feet down close to the body and tie or skewer them in position. Force the mouth open and hold it with a wooden block. Wrap the ears in cloth to prevent burning. Place the pig in a roasting pan, feet down, and cook in a moderate oven

(350°) until tender (three to four hours). Baste frequently with the liquid in the pan unless a covered roaster is used. As soon as the pig is cooked slash the skin around the neck so that it will keep its crispness. Remove the wedge from the mouth and replace it with an apple, orange or lemon. Put a string of cranberries around the neck

ROAST FRESH HAM, BARBECUE STYLE

1 cup vinegar
¼ cup brown sugar
Small piece bay leaf
Pinch curry powder
½ teaspoon Worcestershire sauce
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon chopped onion
½ cup butter or margarine
Fresh ham

Mix vinegar, sugar and seasonings and simmer for ten minutes. Strain and add the butter. Cook ham according to the directions for Roast Pork, basting often with the sauce. Make gravy in the pan. Other meats may be roasted in the same way.

BAKED SPARERIBS

Wash spareribs and place in baking pan. Sprinkle with salt and pepper and add one-half cup of water. Bake in a moderate oven (350°) for one and one-half hours, basting occasionally with the liquid in the pan. Sauerkraut is an especially good accompaniment.

BROILED PORK CHOPS

Wipe the chops and trim off superfluous fat. Place on a hot, greased broiler, sear quickly and then reduce temperature to complete the cooking. Fifteen to twenty minutes must be allowed in order to have the meat thoroughly done. Turn often while cooking and when nearly done season with salt and pepper.

ARABIAN PORK CHOPS

6 lean pork chops
6 tablespoons raw rice
1 large onion
2 tomatoes
1 green pepper
3 cups hot water
Salt
Pepper

Sear the chops on both sides. Arrange in a casserole and on each chop place one tablespoon of rice, one slice onion, one slice tomato, two strips green pepper. Cover with hot water, add seasoning, and bake in a moderate oven.

Time in baking, 3 hours. Temperature, 350°. Serves 6.

BREADED PORK CHOPS

6 pork chops
Fine, dry bread crumbs
1 medium sized onion
2 tablespoons cooking fat
½ lemon
Salt, pepper

Use lean chops, cut rather thick. Roll in crumbs. Slice onion and cook in fat until slightly brown. Arrange chops in the pan, sprinkle with salt, pepper, and lemon juice. Brown one side, turn, and add water almost to cover, and cook in a moderate oven until tender, removing the cover for the last fifteen minutes.

Time in baking, 50 minutes. Temperature, 350°. Serves 6.

BOILED HAM

If the ham seems very salt soak in cold water for a few hours or over night. With most hams cured today this step may be omitted, however.

Scrub the ham with a small brush, using cold water, then immerse in hot water and brush the surface again. Place skin side down in a kettle and cover with water, either cold or hot. Bring almost to the boiling point and simmer until the meat is tender, allowing twenty-five to thirty minutes to the pound. Let cool in the liquor, if to be served cold, and remove skin and part of the fat before slicing. If to be served hot remove from the liquor as soon as cooked and take off skin and superfluous fat.

To give a spicy flavor to the ham a mixture of herbs and vegetables may be added to the water in which it is cooked. A good combination consists of one small bay leaf, one small onion, one clove of garlic, one small carrot, one sprig parsley, a few celery leaves, and one sprig thyme. The vegetables should be cut in small pieces. A cup of cider, cider vinegar or pickle vinegar or the juice of half a lemon may also be added.

BAKED HAM, No. 1

Follow the directions for Boiled Ham, removing the meat from the liquor before it is quite tender. Skin and cut off superfluous fat. Cover the surface with a mixture of brown sugar and bread crumbs, made into a paste with a little vinegar, and stick in cloves at intervals. Bake in a moderately hot oven (375°) until the meat is tender and the crust browned.

BAKED HAM, No. 2

A sweet, mildly cured ham can be baked without previous boiling. Scrub the ham and place it, skin side up in a roasting pan. Add one cup of water or cider. Cook at 300° for thirty minutes, then reduce temperature to 275° and cook until tender, twenty-five to thirty minutes to the pound will be needed. After baking half the time, turn the ham, remove the skin and cover with brown sugar mixture and stick with cloves as for Baked Ham, No. 1. If the roaster is not self-basting baste the meat during the first part of the cooking with a mixture of cider or white grape juice and water. Do not baste after the coating is added.

BROILED HAM

Either raw or boiled ham may be used for broiling. It should be sliced quite thin, not more than one-fourth inch in thickness. Place on a broiler and cook until slightly browned, turning frequently.

HAM WITH CREAM GRAVY

Cook sliced ham in a hot frying pan, turning often, until browned on both sides. Add one and one-half tablespoons flour to the fat in the pan (there should be one and one-half to two tablespoonfuls, cooked out of the ham) and pour in slowly one cup of milk, stirring constantly. Cook until thickened and pour over the ham.

HAM CROQUETTES

3 tablespoons fat
5 tablespoons flour
1 cup milk, or stock and milk
⅛ teaspoon pepper
Dash celery salt
Few drops onion juice
2 cups finely chopped ham
1 egg yolk

Melt the fat, add the flour and blend thoroughly. Add the liquid and cook until the sauce is smooth and thick, stirring constantly. Add seasonings, ham and beaten egg yolk. Add salt if needed. Allow the mixture to cool thoroughly and shape into croquettes. Roll in fine crumbs, then in beaten egg diluted with a tablespoon of cold water and in crumbs a second time. Fry in deep fat.

Time in cooking, 3 minutes each. Temperature, 360°. Serves 6.

HAM LOAF

1½ pounds uncooked ham
1 cup bread crumbs
½ cup chili sauce or catsup
2 tablespoons water
1 egg
⅛ teaspoon pepper
3 hard cooked eggs

Grind ham, add crumbs (which should be stale but not dry), chili sauce, water, slightly beaten egg and pepper. Mix thoroughly. Pack mixture into a greased loaf pan, arranging the hard cooked eggs end to end through the center. Bake in moderate oven. Chill and slice.

Time in baking, 1 hour. Temperature, 350°. Serves 8.

HAM BAKED WITH PINEAPPLE

1½–2 pounds ham
2 cups crushed pineapple

Have the ham cut about three-fourths inch thick. Brown lightly on both sides in a frying pan, then remove to a baking dish. Spread with the drained pineapple and surround with the juice. Cover and bake in a moderate oven until the ham is tender, uncovering for the last half hour.

Time in baking, 1½ hours. Temperature, 350°. Serves 6.

HAM SMOTHERED IN SWEET POTATOES

1½ pounds ham
3 cups sliced sweet potatoes
2 tablespoons sugar
1 cup hot water
1 tablespoon melted butter or margarine

Cut a slice of ham (about one and one-half pounds) into pieces convenient for serving. Broil lightly on both sides. Arrange in a baking dish so that they cover the bottom. Spread the

sweet potatoes over the ham. Sprinkle with sugar. Add hot water and melted butter. Cover the dish and bake in a moderate oven until the ham is tender, basting the sweet potatoes occasionally with the liquid. Remove cover to brown on top.

Time in baking, 1 hour. Temperature, 350°. Serves 6.

HAM SOUTHERN STYLE

1 pound slice of ham
18 cloves
10 peppercorns
2 tablespoons brown sugar
⅔ cup white grape juice

Soak ham in cold water for an hour. Drain, wipe off superfluous moisture, and place in shallow baking dish. Stick with cloves, distribute peppercorns about the ham, sprinkle with the brown sugar, and add the white grape juice. Bake in a moderate oven until tender, basting occasionally.

Time in baking, 1¼ hours. Temperature, 325°. Serves 4.

WAYS OF COOKING BACON

Bacon may be cooked in a frying pan, broiler or oven. It should be cut thin, delicately browned and carefully drained, in order to be crisp and at its best.

1 — Lay strips of bacon in a cold frying pan, heat slowly and cook until browned, turning several times and pouring off the fat that accumulates in the pan. Remove from pan, allowing superfluous fat to drain off. Be careful not to use so much heat that the fat burns.

2 — Place a broiling rack over a drip pan and lay slices of bacon on it. Cook in a broiling oven until delicately browned, turning to cook both sides. Do not have the bacon too near the source of heat.

3 — Lay strips of bacon on a rack over a dripping pan and cook in a hot oven (400°) until brown and crisp.

ORGANS AND GLANDS

Many of the organs and glands of the meat animals are edible and, when properly cooked, very delicious. They are valuable as food and furnish that "new kind of meat" which the housewife is often seeking.

LIVER

Liver is the most valuable of the organs. It is rich in iron and vitamins and is used extensively in the treatment of anemia. The less the liver is cooked the more effective it is for this purpose.

Calf's liver is the most delicate in flavor and is usually considered the choicest. There is such a demand for it that it is high in price. Lamb's liver is just as tender and can be substituted for calf's. Pig's liver is not so fine in texture or delicate in flavor but it is very acceptable. Beef liver tends to be tough and dry but if properly prepared makes a good meat.

Choose liver that has a clear red color and is odorless. Liver deterioriates quickly, so should be perfectly fresh. Calf's liver can be distinguished from beef by its lighter color.

To prepare liver for cooking remove the membrane. It was formerly a common practice to pour boiling water over it and allow it to stand for ten minutes. This makes the meat more delicate in flavor but results in loss of valuable elements and so it is no longer recommended, unless an unusually strong flavor makes it desirable.

BROILED LIVER

Use only tender liver (calf's or lamb's) for broiling. Slice it one-third to one-half inch thick and cut in pieces for serving. Place on a greased broiler and brown on both sides, turning often. Five or six minutes is sufficient time for cooking. Spread with butter and sprinkle with salt and pepper. To add flavor and make more tender, let stand for several hours, before cooking, in a marinade of three parts lemon juice or vinegar to one part cooking oil.

LIVER AND BACON

Cook slices of bacon in a frying pan until crisp and delicately browned. Remove from the fat. Cut liver into slices suitable for serving, dredge with flour and sprinkle with salt and pepper. Cook in the hot bacon fat ten to fifteen minutes, turning several times so that it will cook evenly and brown on both sides. Arrange on a platter and garnish with the bacon.

LIVER LOAF

1 pound parboiled liver
½ pound cooked ham
½ cup bread crumbs
1 tablespoon minced parsley
1 egg
⅛ teaspoon paprika
1 tablespoon onion juice
Stock or water

Mince liver and ham and combine. Add bread crumbs, parsley, well beaten egg, paprika, onion juice, and just enough stock or water to bind the ingredients together. Turn into a greased mold, set in a pan of hot water, and bake in a moderate oven. Unmold and serve with brown gravy. Beef liver may be used in this recipe.

Time in cooking, 45 minutes. Temperature, 350°. Serves 8.

LIVER, ITALIAN STYLE

Cut calf's liver into thin slices, skin, and sauté lightly in a little cooking fat. Add water enough to cover, salt, pepper, a sliced onion, and a tablespoon of cranberry or red currant jelly. Cover the pan and simmer for three-quarters of an hour. Boil and drain macaroni or spaghetti, a quarter pound to each pound of liver. Remove the liver from the gravy and put on a hot dish. Add the macaroni to the gravy and simmer gently for ten minutes, then arrange it around the liver as a border.

KIDNEYS

Beef, calf's, lamb's and sheep's kidneys are used for food. Those from the younger animals are the most desirable.

Kidneys must be fresh and free from discoloration.

To prepare kidneys for cooking, remove skin, cut in halves and remove fat and tubes from the center. Soak in cold water to make the flavor less strong. Lamb's and calf's kidneys should be soaked thirty minutes, beef for an hour or longer.

BROILED KIDNEYS

Use only tender kidneys — calf's or lamb's. Prepare as directed above. Wipe dry after soaking and brush over with melted fat. Place on a greased broiler and cook for eight to ten minutes, turning often. Sprinkle with salt and pepper while cooking.

To add to the flavor of kidneys and to make them more tender they may be marinated for an hour in an oil and vinegar mixture. For a pound of kidneys use three tablespoons vinegar, one tablespoon salad oil, one-half teaspoon salt and a slice of onion.

KIDNEY STEW

1 pound kidneys
Flour
1 teaspoon salt
¼ teaspoon pepper
4 slices bacon
1 onion
1 cup boiling water
1 cup mushrooms

Prepare kidneys according to the general directions and then cut in cubes. Dredge with a little flour to which the salt and pepper have been added. Cook bacon in a frying pan, remove and cut in pieces. Dice onion, cook in the bacon fat until slightly browned and skim out. Brown the kidneys in the pan, adding a little more fat if necessary. Add boiling water, mushrooms, cut in pieces, bacon and onion. Simmer until kidneys are tender — about fifteen minutes. Serve hot with boiled rice.

SWEETBREADS

Sweetbreads are the thymus and thyroid glands and the pancreas. Those of the calf are most used. The thymus gland lies near the heart and is known as the heart sweetbread. It is the choicest of the sweetbreads. Next in desirability is the thyroid or throat sweetbread. The pancreas or stomach sweetbread is used less frequently.

Sweetbreads are very delicate in flavor and texture, and easy of digestion. They are often prescribed on an invalid diet.

Sweetbreads are a food which spoils quickly. They should be perfectly fresh when purchased and cooked immediately.

To prepare sweetbreads soak them in cold water for an hour and then parboil by simmering in salted, acidulated water (one teaspoon salt and one tablespoon vinegar to every quart of water) for twenty minutes. Plunge into cold water and then remove membrane and stringy material that tears away easily.

BROILED SWEETBREADS

Parboil sweetbreads as directed above. Split, brush with melted fat, place on a greased broiler and broil for five minutes, turning to brown on both sides.

BREADED SWEETBREADS WITH BACON

For each serving cook one or two slices of bacon in a frying pan. Parboil sweetbreads as directed above and split lengthwise.

Roll in flour which has been mixed with salt and pepper, dip in slightly beaten egg and roll in sifted dry crumbs. Cook in the bacon fat until delicately browned on both sides. Arrange on a platter or individual plates and garnish with the bacon.

HEART

Beef, calf's and lamb's heart are suitable for cooking. Like liver they are valuable for their vitamin and iron content and used in an anemia diet. Hearts from young animals are tender and juicy. Beef heart requires long slow cooking to make it palatable.

STUFFED BEEF HEART

Trim fat and arteries from a beef heart and wash carefully to remove clotted blood. Fill the cavity with bread stuffing, making a slit down the side of the heart if it is desirable to enlarge the cavity. Sew or tie to hold in place. Dredge with flour and sprinkle with salt and pepper. Sear in a little hot fat in a frying pan. Place in a baking pan, add two cups of water and cover tightly. Bake in a moderate oven (325°) until tender (three to four hours). This may be simmered on top of the stove instead of cooking in the oven. Add more liquid from time to time if it cooks away, and thicken it for gravy.

BRAISED CALF'S HEARTS

Allow one heart to every two persons to be served. Trim off fat and arteries and wash thoroughly in cold water. Sear in a little hot fat in a frying pan and then place in a casserole. Add, for every two hearts, one-half cup diced carrots, one-half cup diced celery, one-fourth cup chopped onion, one-half cup boiling water, one-half teaspoon salt and a dash of pepper. Cover and bake in a moderate oven until the hearts are tender (one to one and one-half hours).

BRAINS

Calf's brains are the most desirable; lamb's are sometimes used for food. Brains are very delicate but have never attained great popularity.

To prepare brains soak them in cold water for an hour, after removing membranes and arteries. Then simmer for fifteen to twenty minutes in slightly acidulated water, plunge into cold water and drain.

BROILED BRAINS

Cut boiled brains in halves or slices, brush with melted fat, place on a greased broiler and cook about five minutes, turning to brown on both sides.

FRIED OR PANFRIED BRAINS

Break boiled brains into small sections. Roll in flour, dip in beaten eggs and roll in fine crumbs, or dip in fritter batter (see page 339). Fry in deep fat heated to 370°, or in a small amount of fat in a frying pan, browning well.

TONGUE

Beef, calf's, sheep's and lamb's tongue are used for food. Beef tongue is often smoked or corned, lamb's tongue pickled.

BOILED TONGUE

If a fresh tongue is used wash it well in cold water; if smoked or corned soak over night in cold water. Cover fresh tongue with boiling water, smoked tongue with cold water, bringing slowly to the boiling point. Simmer until tender, from two to five hours, depending on the size and quality of the tongue. Add salt to fresh tongue (one teaspoon to each quart of water) after it has cooked for an hour. The addition of seasonings such as bay leaf, celery leaves, parsley, peppercorn, and onion improves the flavor of fresh tongue. If tongue is to be served hot, remove it from the liquor and peel off the skin; if to be used cold let it cool in the liquor and then remove skin and the small bones at the large end.

TONGUE EN CASSEROLE

1 large or 2 small calf's tongues
1 tablespoon cooking fat
1 tablespoon flour
1 cup condensed tomato soup
½ cup pimientos
Pinch powdered thyme
Salt, sugar
½ teaspoon Kitchen Bouquet
½ tablespoon vinegar
1 tablespoon cooking oil

Simmer tongues until tender and remove skin and small bones. Cook the fat and flour together until slightly browned and

smooth, stirring constantly. Add soup, pimientos cut small, seasonings (using salt and sugar to taste), and cooking oil. Bring to the boiling point and thin with one-half cup of broth. Put tongues in a casserole and pour the sauce over. Cover and bake in a slow oven.

Time in baking, 1 hour. Temperature, 300°. Serves 6.

TRIPE

Tripe is the inner lining of the first stomach of the beef creature. The honeycomb is the choicest portion. It should be thick, fat and white. If thin and dark colored it is of inferior quality. It comes to market thoroughly cleaned and boiled so that it needs only slight cooking to prepare it for the table. It may be obtained either fresh or pickled. If pickled it should be freshened by covering with cold water, heating almost to the boiling point and allowing to simmer for a few minutes.

BROILED TRIPE

Fresh tripe is best for broiling, but pickled tripe, freshened as directed above, may be used also. Wash and wipe it dry, cut in pieces for serving, brush over with melted fat and sprinkle with salt and pepper. Place on a greased broiler, cook three or four minutes on the smooth side and then brown slightly on the honeycomb side. Spread with butter. Chopped parsley and lemon slices make a suitable garnish.

PANFRIED TRIPE

Wash and dry tripe, either fresh or pickled, and cut in pieces suitable for serving. Season with salt and pepper, dip in beaten egg and roll in flour, or dip in fritter batter, and cook in a frying pan in a small amount of fat, turning to brown on both sides. Eight to ten minutes should be allowed.

STEWS

A stew may be one of the most delicious of dishes, but unless it is carefully made it is a most uninteresting concoction. The secret lies in cooking it so that each ingredient is thoroughly done but not mushy, having it free from every bit of bone, fat and gristle and with an abundance of gravy which is neither too thick nor too thin.

HARRY'S FAVORITE STEW

1½–2 pounds beef
1 quart boiling water
1 quart (or less) fresh or canned tomatoes
1 tablespoon pearl barley
6 small onions
1 small yellow turnip
4 carrots
3 or 4 potatoes

Cut beef into inch cubes, dredge with pepper, salt and flour, throw into hissing hot frying pan and turn and stir until browned. Remove to a large saucepan, rinse off every bit of the juice and "brown" from the frying pan with enough boiling water to cover meat — at least a quart — add tomato, barley, onions quartered, turnip diced, carrots cut as desired. Add salt and pepper to taste, cover and simmer until meat is tender. Half an hour before taking up add the potatoes diced, and more water if the stew is too thick.

Small amounts of any left over vegetables may also be utilized; or a few uncooked peas or string beans or stalk of celery, diced, are savory additions.

Time in cooking, 3½ hours. Serves 6 to 8.

LAMB STEW

1 to 3 pounds neck or breast of lamb
3–4 carrots
2 large onions
2 cups fresh or canned tomato
1 small yellow turnip
4–6 potatoes
Salt, pepper

The larger quantity of meat will make a richer stew but as little as a pound will be satisfactory for flavor. Cover the meat with cold water, add a teaspoon of salt and a slice of onion, and simmer until tender. Let stand over night to cool if possible. Remove fat, strain the broth and separate the meat from the bone, fat and gristle. Bring the broth to the boiling point, add carrots sliced, onions quartered, tomatoes, and turnip diced. Cover and cook until the vegetables are nearly tender. Three-quarters of an hour before the stew is to be served add the potatoes, diced, salt and pepper to taste and a dash of cayenne and curry powder if desired. Add the meat fifteen minutes before serving. Thicken the gravy with flour according to the directions on page 138. Serve with dumplings. Serves 6 to 8.

MEXICAN STEW (CHILI CON CARNE)

1 pound Hamburg steak
1 No. 3 can tomatoes
1 No. 2 can red kidney beans
2 bay leaves
2 onions, chopped
2 green peppers, chopped
4 cups boiling water
4 teaspoons chili powder
2 teaspoons salt

Combine ingredients. Simmer until thick. Serve at once. Time in cooking, 2 hours. Serves 10.

OVEN STEW

2 slices salt pork
2 large onions
1½ pounds beef
Flour
1½ cups water
1 can condensed tomato soup
Salt, pepper, paprika
3 tablespoons flour
6 small onions
6 small carrots
6 medium sized potatoes

Cut the pork into small cubes and brown in a frying pan. Remove to baking dish, leaving the fat in the pan. Cut the large onions in small pieces and brown in the fat, being careful not to let them burn. Remove from fat and put in the baking dish with the pork. Cut beef in small pieces and roll in flour. Brown in the fat and put in the baking dish. To the fat that is left add water, tomato soup, and salt, pepper, and paprika to taste. Add flour mixed with a little cold water and boil for three minutes, stirring all the time. Pour over the beef, cover, and bake until meat is nearly tender. Add whole small onions, carrots, and potatoes. Bake for an hour longer.

Time in baking, 2½ hours. Temperature, 325°. Serves 6.

PARSNIP STEW

1 pound lean meat
Pepper, salt, flour
2 quarts boiling water
2 tomatoes
2 onions
4 parsnips
4 potatoes
Seasoning

Dice the meat, dredge with flour, pepper and salt, and brown in the saucepan in which the stew is to be made. Add water, tomatoes cut up, onions minced, and simmer two hours. Add parsnips, scraped and diced, and potatoes diced, and simmer

until all the ingredients are tender. Season highly to taste and serve with dumplings or hot crackers.

Time in cooking, 3 hours. Serves 8.

MRS. RICHARDSON'S BEEF STEW

2 pounds beef
6 medium sized potatoes
1 onion
Pepper, salt
Flour
1 cup boiling water
1 tablespoon butter or margarine

Cut beef into inch squares, slice potatoes and shred onion. Into the upper container of a large double boiler put a layer of beef and then one of potatoes. Sprinkle with chopped onion and pepper and salt, and dredge with a little flour. Repeat until all the materials are used. Add boiling water, cover and steam four hours. Add butter just before serving. Serves 6.

VIRGINIA OKRA STEW

½ shin of beef
1 gallon water
1 quart fresh tomatoes
4 small onions
2 green sweet peppers
1 pint okra
½ yellow turnip
Seasoning

Simmer the beef in a gallon of water until liquid is reduced half. Add the tomatoes cut up, the onions thinly sliced, the pepper also sliced, a pint or more of thinly sliced tender okra, and yellow turnip diced. Cover and cook slowly until thick — about four hours. Remove bone and cut meat in pieces. Season to taste and serve with boiled rice, adding a slice of lemon to each portion as served.

Time in cooking, 7 hours. Serves 8.

VEGETABLE STEW

4 tomatoes
4 onions
4 carrots
1 small turnip
1 green sweet pepper
2 stalks celery
1 teaspoon salt
⅛ teaspoon pepper
2 quarts water or broth
1 cup summer squash
½ cup shredded cabbage
½ cup peas or string beans
2 diced potatoes
2 bouillon cubes

Dice tomatoes, onions, carrots, turnip, pepper (seeds removed), and celery. Add salt and pepper, water or broth (part corned beef broth is good; in this case omit salt). Simmer two hours, add summer squash thinly sliced and diced, if available, cabbage, peas or string beans if in season, and potatoes. Simmer an hour longer, or until all the vegetables are tender, adding more liquid if desirable. Then add the bouillon cubes (unless meat broth is used instead of water). Season to taste. Serves 8.

DUMPLINGS

Dumplings make an acceptable accompaniment to any stew. Follow the recipe for Baking Powder Biscuits (page 39), using only one tablespoon shortening. Roll and cut as for biscuits. Cook in a steamer over boiling water or place on the boiling stew, cover closely and cook for fifteen to twenty minutes. The steamer method of cooking is preferable for if the stew boils vigorously enough to create sufficient steam for the dumplings it is likely to burn.

See index for additional meat recipes.

POULTRY AND GAME

POULTRY

Poultry is the name given to all species of domesticated birds used for food — chicken, turkey, duck, goose, squab.

Fresh poultry is firm, of yellowish tinge, skin smooth and moist with a fair amount of fat under it. A flabby, bluish look denotes cold storage poultry.

The feet should be smooth and limber, the end of the breast bone flexible, and the wing joint should yield readily when it is pressed backward. Hard scaly legs and a stiff breast bone are signs of an old, tough bird. Pin feathers are found on a young bird; long hairs are an indication of age.

DRESSING POULTRY

For Roasting or Boiling

When poultry is purchased at market it is best to have it dressed there. If it must be done at home proceed in the following manner.

Remove pin feathers with a small knife or tweezers. Singe over an open flame to remove hairs. Cut out the oil sac above the tail.

To draw poultry, first cut a slit lengthwise in the skin of the neck at the front, insert the fingers and draw out the crop, which lies just under the skin close to the breast, and with it the windpipe. Next make an incision just below the breast bone, large enough to admit the hand. Work around the organs, loosening them from the body. Slip the fingers around the whole mass, near the neck, and pull it gently out. The crop and windpipe may also be removed in this way instead of at the neck. Scrape out any bits of lung and liver that cling between the ribs. Rinse the cavity with cold water and wipe with a clean cloth.

If the tendons of the legs are removed the meat will be more tender. Cut a slit just above the foot and the tendons will be visible. Pull them downwards with a steady motion until they loosen at the second joint and come out.

For Broiling

Split the bird with a sharp knife down the back, through or on either side of the back bone. Remove bone and lay open, pressing the breast bone with the hands until it cracks, so that the bird will lie flat. Remove the viscera. Cut out rib bones and cut the tendons.

CUTTING UP POULTRY

First cut through the skin between body and leg, close to the body. Bend back the leg to break the ligaments, cut through the flesh and separate at the joint. Divide the leg into two sections, "second joint" and "drum stick," by cutting through the flesh and separating at the joint. Cut through the skin and flesh around the upper wing joint and disjoint the wing from the body. Cut off the tip of the wing. In the same way remove the leg and wing from the other side. Separate the breast from the back by cutting through the skin two inches below the breast bone and running the knife along the line of the lower ribs until it strikes the back bone. Then break the bone at the joint and pull the two pieces apart. Loosen the skin around the neck with the finger, break the neck back and remove it.

PREPARING GIBLETS

The gizzard, liver, and heart of poultry are known as the giblets. They are all edible and can be used in gravies, if not liked by themselves.

Cut the fat and membrane from the gizzard. Cut through the thickest part, just to the inner lining. Spread apart and peel away from the sac which is found inside. Discard this sac.

Remove the gall bladder, which is a greenish colored sac, from the liver, being careful not to break it. Cut away any parts of the liver that lie next to the gall bladder and have a green tinge.

Cut the veins and arteries from the top of the heart and squeeze and wash out clots of blood.

If poultry is dressed at the market the giblets will need only to be washed.

STUFFING AND TRUSSING POULTRY

Cut off the neck close to the body and fill the crop cavity with stuffing. Draw the neck skin back and tie or skewer it in place.

Fill the body with stuffing, allowing a little space for it to swell as it cooks. Sew up the opening or fasten it by running small skewers or toothpicks through the skin on either side and lacing twine around them.

Bring the legs close to the body, crossing the drum sticks just over the tail. Tie the ends together and hold the legs in place with long skewers run through the body or by tying. Tie or skewer the wings close to the body.

ROASTING POULTRY

Stuff and truss the bird and place on its back in a roaster. Rub over with fat or with a paste made of fat and flour, or lay a few strips of salt pork across the breast. Put into a very hot oven (500°). After fifteen minutes reduce the heat to 375° and cook until tender, turning so that the breast will be down for the last fifteen minutes of cooking. If an open pan is used add one-half cup of water when the heat is reduced and baste frequently with the liquid in the pan. Allow from twenty to thirty minutes to the pound.

Make gravy according to the directions on page 137 or giblet sauce, page 138.

CHICKEN

Chicken is the general name for a class of poultry, but it is used more specifically to mean a bird under a year old. "Fowl" is the name applied to a full-grown hen or cock.

A broiler is a chicken, young and tender enough to be cooked by broiling. It should be from two to four months old and weigh one and one-half to two pounds.

A frying chicken should be about six months old, weighing from two and one-half to three pounds.

The best roasting chicken is six months to a year old and weighs from three to six pounds.

In young birds there is no appreciable difference in quality of the male and female. As they grow older, however, cocks become scrawny and the meat is likely to be stringy and strong in flavor. Hens are plumper, with juicier, better flavored meat.

A capon is a male bird which has been castrated. It grows very large and plump and the meat is tender. It is specially fattened, quite expensive, and considered something of a luxury.

BROILED CHICKEN

Lay a broiling chicken which has been prepared according to the directions on page 125 on a greased broiling rack, skin side down. Sear both sides quickly and then reduce the heat and cook on the flesh side until tender, sprinkling with salt and pepper when partly done, and basting several times with melted butter. Turn and brown the skin side quickly. Spread the flesh side with butter before serving.

The chicken may be broiled quickly on both sides and the cooking finished in a hot oven (400–425°).

Twenty to thirty minutes is required for cooking a broiler.

FRIED CHICKEN

Cut the chicken in joints and roll in flour which has been mixed with salt and pepper. Heat in a frying pan enough fat to cover the bottom of the pan. Brown the chicken quickly on all sides, reduce heat, cover and cook until tender — twenty to thirty minutes. Make gravy in the pan according to the directions on page 137. A particularly delicious gravy for fried chicken can be made by using rich milk in place of water. Chickens older than frying chickens can be fried successfully if they are first cooked in water until almost tender.

CHICKEN FRICASSEE

Choose a good sized fowl and cut it up according to the directions on page 125. Roll in flour and sauté in a little fat until well browned. Cover with boiling water and simmer until tender, adding salt and pepper to taste when partly cooked. The time required will be from two to four hours, depending on the quality and age of the bird. Thicken the liquid for gravy following the directions on page 138. Serve with dumplings or biscuits.

ROAST CHICKEN

Stuff and dress the chicken and place on its back in a roasting pan. Sprinkle with flour or rub with a paste of fat and flour. The latter treatment will make the skin especially crisp and delicious. Put into a very hot oven (500°). After fifteen or twenty minutes, when the skin is well seared, reduce the temperature to 375° and put the cover on the roaster or add half a cup of water to the pan. Cook until tender, basting often with the liquid if an open pan is used. Allow twenty to twenty-five minutes to the pound. Make gravy in the pan according to the directions on page 137 or giblet sauce, page 138.

CHICKEN BAKED IN MILK

Clean chicken and cut in pieces for serving. Sprinkle with salt and pepper and roll in flour. Sauté in cooking fat until golden brown. Arrange pieces in baking dish and cover with milk. Cover and bake in a moderate oven until tender. Thicken the liquid with a little flour and milk stirred together until smooth.

Time in baking, 2–3 hours. Temperature, 350°.

CHICKEN EN CASSEROLE

2-pound tender young chicken
¼ pound fat salt pork
6 stalks celery
1 onion
1 bay leaf
Flour
1 cup canned mushroom pieces
Salt, pepper
Kitchen Bouquet

Clean chicken and cut up as for frying. Chop pork into small bits and cook slowly to try out fat without burning. Cut celery into dice and put in a casserole with onion, sliced, and the bay leaf. Skim out pork scraps and add. Flour pieces of chicken and fry light brown in hot pork fat. Put chicken in casserole. Stir one tablespoon flour into fat until blended and pale brown. Add mushroom pieces, liquor and all, with enough hot water or stock to make a rich gravy, not too thick. When it boils, season lightly with salt, pepper and Kitchen Bouquet. Pour over chicken, and cover the casserole. Cook in a moderate oven until chicken is tender.

Time in baking, 2½ hours. Temperature, 325°. Serves 4.

CHICKEN CROQUETTES

3 tablespoons butter or margarine
5 tablespoons flour
1 cup milk
2 cups chopped cooked chicken
½ teaspoon celery salt
Salt, pepper
Few drops onion juice
2 teaspoons chopped parsley
Egg, crumbs

Melt butter, add flour and blend to a smooth paste. Add milk gradually and cook until thickened, stirring constantly. Add chicken and seasonings. Cool and shape. Roll in fine dry crumbs, dip in slightly beaten egg and roll in crumbs again. Fry in deep fat.

Time in frying, 3 minutes. Temperature, 360°. Serves 6.

CHICKEN MUSHROOM CROQUETTES

4 tablespoons butter or margarine
¾ cup coarsely chopped mushrooms
4 tablespoons flour
½ cup chicken stock
½ cup cream
1½ cups coarsely chopped chicken
¼ teaspoon salt
¼ teaspoon celery salt
Few grains mace
1 tablespoon minced parsley

Melt the butter and cook the mushrooms in it for three minutes. Remove mushrooms, add flour to the butter, and blend to a smooth paste. Add the stock slowly, then the cream, stirring constantly, and bring to the boiling-point. Add the mushrooms, chicken, and seasonings. Cool and shape into croquettes. Roll in fine crumbs, dip in beaten egg, and roll in crumbs again. Fry in deep fat.
Time in cooking, 3 minutes each. Temperature, 360°. Serves 8.

JELLIED CHICKEN

Cut up a large fowl, cover with cold water and add a medium sized onion, a few sprigs parsley, two carrots, two stalks celery, all cut in small pieces, a teaspoon salt and dash of pepper. Bring to boiling point and simmer until meat is tender. Remove the meat from the bones, leaving it in large pieces. Strain the liquid and boil until it is reduced to two or three cupfuls. In warm weather add one-half tablespoon gelatine, softened in one tablespoon cold water, to each cup of liquid. The broth will contain enough gelatine from the chicken to make it stiffen in cold weather. Mix half the liquid with the dark and half with the light meat and arrange in alternate layers in a long, narrow pan. Chill, unmold and slice with a sharp knife. The meat may be cut in small pieces, mixed with the liquid and molded in individual molds if desired.

CHICKEN PIE

4–5 pound chicken or fowl
1 small onion
1 teaspoon salt
8 tablespoons flour
Salt, pepper
½ teaspoon celery salt
Pinch mace
Baking powder biscuit or pastry dough

Clean and cut up chicken. Put in a kettle and cover with boiling water. Add sliced onion and salt. Cover and simmer until the chicken is tender. For extra flavor a small carrot, a stalk of celery, a few sprigs of parsley and a bit of bay leaf may be cooked with the chicken. Strain the broth and to four cups of it add the flour, mixed to a smooth paste with a little cold water. Cook until thickened, stirring constantly, and season with salt, pepper and celery salt. Remove the meat from the bones in rather large pieces and arrange in a casserole or deep baking dish. Pour the gravy over and cover with a sheet of baking powder biscuit or pastry dough. Cut several gashes in the crust to allow steam to escape. Instead of a sheet of dough small biscuits may be used as a crust. Bake in a hot oven until the crust is brown. Diced, cooked vegetables may be mixed with the chicken.

Time in baking, 30 minutes. Temperature, 425°. Serves 6.

GOOSE

Goose is at its best when from six months to one year old. Under six months it is known as "green goose" and is usually roasted without being stuffed, like a young duck.

Goose, like duck, is a fat bird with an oily skin that needs to be scrubbed with soda or soap and water before cooking.

The flesh of goose is all dark, very rich and oily and rather strong in flavor.

Potato or apple stuffing is especially good with goose.

ROAST GOOSE

Stuff and truss the goose, following the general directions on page 125. The legs of a goose are short and will have to be tied together without crossing. Place the bird on its back in a roaster, rub with salt, and lay a few pieces of salt pork over the breast. Bake in a hot oven (500°) for thirty minutes. Then pour off the fat and reduce the temperature to 375°. Cover the roaster, or put one-half cup of water in the pan and baste frequently while cooking. Cook until tender, allowing twenty to twenty-five minutes for a mature bird, fifteen to eighteen for a very young one. An old bird will be improved by steaming for an hour and then roasting until tender. Make gravy in the pan, following the directions on page 137.

DUCK

Duck should be young, from six months to a year old. The flexibility of the windpipe is one of the best tests for age. In a young bird the windpipe can be moved easily and will break when pressed between the fingers. The breast bone of a young duck is soft.

Ducks weigh from four to six pounds, but have less meat in proportion to their weight than do chicken and turkey. All the meat is dark. It is well to allow one duck for every four people to be served.

The skin of a duck is oily and likely to be dirty and it should be scrubbed well with warm water and baking soda — or even soap. After the scrubbing rinse the bird carefully inside and out and wipe dry with a food cloth.

Duck may be stuffed or not as preferred, but usually stuffing is desired to serve with the meat. A bread stuffing, flavored with onion and sage or poultry seasoning, of the sort commonly used for turkey or chicken is equally good for ducks. A well seasoned potato stuffing or one of celery and bread is also an excellent choice, or one of the more unusual fruit stuffings, such as apple or prune, may be used.

If you do not use a stuffing partially fill the cavity with chopped celery or quartered apples or put in it a little chopped onion to give flavor to the meat. These should be removed before the bird is taken to the table.

Very young duck is often preferred without stuffing and cooked rare.

ROAST DUCK

Stuff and truss the duck, or prepare for roasting without stuffing. Dredge with flour, salt and pepper and place in a roasting pan, preferably on a rack. A few slices of salt pork may be laid over the breast for flavor, even though duck is itself fat. Have the oven very hot (500°) for the first twenty minutes, then reduce to 375°. Cover the pan, or add one-half cup water and baste frequently. Cook until tender. Twenty to twenty-five minutes to the pound will be required for a full grown duck, fifteen minutes for a young one to be served rare. Make gravy in the pan according to the directions on page 137. An old duck will be more tender if it is steamed for an hour before roasting.

TURKEY

Turkeys are the largest of the fowls for table use. They sometimes weigh as much as twenty-five pounds, but smaller birds are better in flavor and the flesh has a finer texture. Turkeys weighing from ten to twelve pounds are best for roasting.

Turkeys should be from six months to a year old. Older birds are tough, with dry flesh not so good in flavor. Young turkeys can be distinguished by their smooth, black feet. After they are a year old the feet turn pinkish and as they become still older the feet darken again but are rough and scaly.

Very young turkeys, six to eight weeks old, are sometimes broiled like young chickens, but the birds are usually allowed to grow to maturity.

The hen turkey is preferred to the male bird.

ROAST TURKEY

Stuff and truss the turkey, according to the general directions on page 125. Place on its back in the roaster and lay a few strips of salt pork over the breast or rub it over with a paste of butter and flour. This keeps the flesh moist. Put into a very hot oven (500°) and after thirty minutes reduce the temperature to 375°. At this time cover the roaster or add a cup of water to the pan and baste the bird frequently while it is cooking. Cook until tender. Twenty to twenty-five minutes to the pound should be allowed.

Bread and onion stuffing seasoned with sage or poultry dressing, chestnut stuffing or oyster stuffing is most commonly served with turkey.

SQUAB

Squabs are young pigeons, about four weeks old. The flesh is very tender and the birds are considered a delicacy.

A whole squab is usually allowed for a serving.

BAKED SQUABS

Leave the birds whole and arrange in a baking pan. Fasten a strip of bacon across the breast of each or dot with bits of butter or other cooking fat. Cook in a hot oven (425°) for twenty to twenty-five minutes, basting with the fat. Serve on toast.

BROILED SQUABS

Cut the birds down through the center of the back and flatten them out. Place on a greased broiler, flesh side up, sear quickly and then cook more slowly for fifteen or twenty minutes, seasoning with salt and pepper when partially cooked. Turn and brown on the skin side. Dot with butter and serve on toast.

SQUABS EN CASSEROLE

Divide the birds in halves by splitting through the back and breast bone. Allow one half for each serving. Brush with melted butter or other cooking fat, sprinkle with salt and pepper and arrange them, skin side up, in a shallow casserole. Lay a small piece of bacon over the top of each, cover, and bake in a hot oven (450°) ten to twelve minutes. Add a cup of hot water or chicken stock and cook until tender, about twenty minutes. Ten minutes before the squabs are done add a combination of cooked vegetables and allow them to reheat in the casserole. Asparagus, peas, potato balls and small onions make a good combination. Serve the squabs on triangular pieces of toast and arrange the vegetables around them. Garnish with watercress or lettuce hearts.

GAME

Game, as the term is used in cookery, is the flesh of any wild animal or bird suitable for food. The methods of cooking game are in general the same as for the meat of domestic animals and fowls.

RABBIT

Wild rabbits are used extensively for food and domestic rabbits are also raised for the table. The latter are, in fact, superior, as they are more tender and juicy and of better flavor. To be really good, rabbit should be young, but nearly full-grown and fat.

FRICASSEE OF RABBIT

1 rabbit
2 tablespoons minced salt pork
1 onion
Soup herbs
Salt, pepper, mace
Boiling water
½ cup cream
2 tablespoons butter or margarine
2 tablespoons flour
½ lemon

Have rabbit skinned and cleaned. Cut in joints, discarding head and neck. Soak in salt water for an hour. Brown in a kettle with the salt pork and onion, finely chopped. Add a bunch of soup herbs (carrot, parsley, celery tops), salt, pepper

and a dash of mace and boiling water just to cover. Simmer, covered, until the meat is tender (two to three hours). Remove meat to a hot platter, take out herbs and add cream to the broth. Rub butter and flour together, add to the broth and cook until thickened, stirring constantly. Add lemon juice, stirring rapidly, and pour over the meat. Garnish with croutons browned in butter or with tiny, hot baking powder biscuits.

RABBIT STEW

1 rabbit
6–8 tiny onions
2 carrots
1 small turnip
1 tomato
2 stalks celery
Few sprigs parsley
2 cloves
Salt, pepper
Flour, butter

Cut up the rabbit and brown it in a little fat. Also brown the onions. Add other vegetables, diced, and seasonings. Cover with boiling water and simmer until the meat is tender (two or three hours). Thicken slightly with flour blended with a little butter and serve with dumplings. Serves 6.

SQUIRREL

Cook like rabbit, or lard and roast like chicken.

VENISON

Venison is the meat of deer. It should be hung up to ripen for several days before using.

ROAST VENISON

The saddle or loin is the choicest cut for roasting; plenty of fat is an indication of the excellence of the meat. The haunch is also roasted. It should always be cooked rare.

Wipe the meat with a cloth wrung out of weak vinegar. It is improved by larding but, instead, it may be spread with melted butter. Sprinkle with salt, cook in a hot oven (450°) for half an hour, reduce the temperature to moderate (350°) and allow, for a saddle, fifteen minutes to the pound, for a haunch twenty minutes. Turn over when half done and dredge

lightly with flour and salt. When the flour begins to brown spread the meat with currant jelly and add a little water to the pan. Baste often. Serve hot with currant jelly. A roast of venison may be sprinkled with minced onion and lemon juice before being put in the oven.

VENISON STEAK

Steaks are cut from the loin and from the leg. They should be about half an inch thick. Sprinkle with salt and pepper, spread with melted butter and broil like beefsteak, having the meat rare. Lay on a hot platter and spread with a mixture of one-fourth cup butter, two tablespoons currant jelly, two tablespoons minced parsley, salt and pepper, and set in a hot oven for a moment.

GAME BIRDS

Game birds are usually roasted and always rare. Take care, however, not to serve them so rare that they are unpleasant to eat.

ROAST WILD DUCK

Wipe the duck, after it is dressed, with a damp cloth and rub inside and out with salt and pepper. Stuff with apples, pared, cored and quartered, or place a few peeled onions in the body, or fill with a stuffing of equal parts chopped apple, bread crumbs and chopped parboiled onion, seasoned highly with salt, pepper and minced salt pork. Brush with melted butter, add a little boiling water and cook in a very hot oven (450°) for twenty-five to forty-five minutes, basting often. Garnish with overlapping slices of small oranges, each topped with a bit of red jelly.

ROAST SMALL BIRDS

Small birds, such as quail and partridge, are roasted in the following manner. Wipe the prepared birds with a damp cloth and rub with salt, pepper and melted butter. Inside put a small piece of butter, rolled in salt and pepper, add a pinch of

dried and rubbed thyme and parsley. Skewer a thin strip of bacon around each bird and cook in a hot oven (425°) for about half an hour, basting often. Serve each on a square of French toast. Add a little boiling water to the pan, stirring and scraping to dissolve all the browned juice. Add a tablespoon of butter and pour a little over the breast of each bird, letting it run down into the toast.

BROILED SMALL BIRDS

Rub the cleaned birds with salt, pepper and butter. Skewer a thin slice of bacon around each and broil very slowly, turning often. Lay each bird on French toast and pour the drippings over. Add a little sauce made of melted butter, chopped parsley and a few drops of lemon juice. Garnish with cress and slices of lemon.

SAUCES FOR MEATS AND FISH

Sauces are used to bring out the flavor of foods or to add flavor when it is lacking. They also make dry dishes more palatable by supplying moisture.

Care counts for as much in making sauces as in other branches of cookery which are, seemingly, more important. Much good food is ruined with poor sauces but, on the other hand, a good sauce will add distinction to something in itself commonplace.

A sauce should not be too hurriedly made. It must be perfectly blended so that it will be smooth and free from lumps. It must be neither thick and pasty nor so thin that it is watery. Judgment in the use of seasonings must be acquired. Long, slow cooking serves to give the mellowness of flavor that is desirable.

Gravy is a sauce for meats made from the drippings left in the pan or from liquid in which the meat has been boiled.

GRAVY FOR ROAST MEAT

Gravy for roast meat should be made in the roasting pan so that none of the juices will be lost. To make a richly flavored, well colored gravy the juices should be thoroughly browned.

Method 1. Pour off carefully all but three or four tablespoons of the fat from the pan. Add four tablespoons flour and blend thoroughly. Add gradually two cups boiling water, stirring constantly, and cook until thickened. Season to taste with salt and pepper.

Method 2. Pour off as much of the fat from the pan as possible. Add two cups boiling water and stir until all the browned juices have been dissolved. Mix four tablespoons flour to a smooth paste with one-fourth cup cold water, add to the hot liquid, and cook until thickened, stirring constantly. Add the necessary seasonings.

The gravy may be made thinner or thicker, if preferred, by decreasing or increasing the amount of flour.

A large roast will furnish a foundation for more than two cups of gravy. More water may be added when the pan contains a considerable quantity of juice from the meat.

If the roast is not well browned, color may be added to the gravy by browning the flour in the fat or by using a few drops of some preparation like Kitchen Bouquet.

GRAVY FOR STEWS AND POT ROASTS

Measure the liquid left after the meat is cooked. For each cupful allow one to one and one-half tablespoons flour, mixed to a paste with a tablespoon cold water. Add to the hot liquid and cook until thickened, stirring constantly. Season to taste with salt and pepper.

GIBLET GRAVY

Cook the giblets of a fowl in boiling water until tender, adding salt when partially cooked, and chop them. To four tablespoons fat from the cooked fowl (preferably drippings in the roasting pan) add one tablespoon chopped onion and cook for a few minutes. Add four tablespoons flour and stir until smooth. Add two cups of boiling stock or water, a little at a time, stirring constantly, and cook until thickened. Add the giblets and seasonings to taste. The onion may be omitted.

BROWN SAUCE

4 tablespoons fat
5 tablespoons flour
2 cups brown stock
Salt, pepper

Heat the fat, add flour and cook until slightly browned, stirring constantly. Add stock gradually, stirring all the time, and cook until thickened. Season to taste with salt and pepper.

MUSHROOM BROWN SAUCE

To Brown Sauce add one cup fresh mushrooms, cut in slices and sautéed in a little fat, or one-half cup sliced canned mushrooms.

OLIVE SAUCE

To one cup Brown Sauce add twelve stoned and sliced olives, which have been cooked in the stock for ten minutes, and one teaspoon grated onion.

BREAD SAUCE

⅓ cup fine bread crumbs
1 small onion
1½ cups rich milk
½ cup cream
1 tablespoon butter or margarine
Salt, pepper

Mix, in the top of a double boiler, the crumbs, finely minced onion and milk. Add butter and salt and pepper to taste. Cook for fifteen minutes, stirring often. Add cream. Serve with chicken, lamb, or game birds.

CAPER SAUCE

To Drawn Butter Sauce add from one-fourth to one-half cup capers drained from their liquor. Serve with lamb or mutton.

CELERY AND OLIVE SAUCE

1½ cups stock
¼ cup chopped celery
3 tablespoons chopped onion
1 tablespoon chopped olives
3 tablespoons chopped pimiento
1 tablespoon prepared mustard
½ teaspoon Worcestershire sauce
Salt, pepper
2 tablespoons butter or margarine
2 tablespoons flour
1 tablespoon lemon juice

To the stock, add the celery, onion, olives, pimiento and seasonings, using salt and pepper to taste. Cook ten minutes, then thicken with the butter and flour rubbed together and add the lemon juice. This is an especially good sauce for croquettes.

CHEESE SAUCE

Add from one-quarter to one-half cup grated cheese to medium White Sauce. Cook over hot water, stirring constantly, until the cheese is melted. Add one-fourth teaspoon paprika.

CREAM SAUCE

Follow the recipe for medium White Sauce, using light cream instead of milk.

CREOLE SAUCE

2 tablespoons cooking fat
4 tablespoons chopped green pepper
2 tablespoons chopped onion
½ cup stewed tomato
¼ cup mushrooms
6 olives
1 cup Brown Sauce
Salt, pepper

Heat the fat and cook the pepper and onion in it until softened. Add the tomato and cook for five minutes. Add mushrooms, canned or previously cooked, chopped olives and Brown Sauce. Season to taste with salt and pepper and simmer for ten minutes.

In place of the Brown Sauce an extra cup of tomato may be used. The sauce should then be cooked until thickened before the mushrooms and olives are added.

CUCUMBER SAUCE

½ cup heavy cream
¼ teaspoon salt
Few grains cayenne
2 tablespoons vinegar
1 large cucumber

Beat cream until stiff. Add salt, pepper, vinegar, and cucumber, which has been pared, cut very fine and drained.

CURRY SAUCE

1 medium sized onion
2 tablespoons cooking fat
2 tablespoons flour
1 to 2 tablespoons curry powder
2 cups stock or water
1 teaspoon tart jelly
1 sweet pickle
1 teaspoon chutney

Chop onion and cook in the fat until yellow and softened. Add flour and curry powder and blend smoothly. Add stock gradually and cook until thickened, stirring constantly. Add salt to taste, jelly, finely chopped pickle and chutney. The last three ingredients may be omitted if not on hand but they improve the flavor of the sauce. Cover and simmer for an hour. Heat hard cooked eggs, bits of meat or cooked vegetables in this sauce and serve with rice.

DRAWN BUTTER SAUCE

5 tablespoons butter
3 tablespoons flour
1½ cups boiling water
1 teaspoon lemon juice
½ teaspoon salt
Dash pepper

Melt half the butter, add flour and blend well. Add the water gradually, stirring constantly, and cook until thickened. Add the rest of the butter, a little at a time. Add lemon juice, salt and pepper.

EGG SAUCE

To Drawn Butter Sauce add 2 hard cooked eggs, chopped.

HORSERADISH SAUCE

1 cup heavy cream
2 teaspoons grated horseradish
1 teaspoon vinegar
¼ teaspoon salt
1 teaspoon sugar

Whip the cream until stiff. Fold in the horseradish, add vinegar, salt and sugar.

HOLLANDAISE SAUCE

½ cup butter
2 egg yolks
1 tablespoon lemon juice
½ cup boiling water
¼ teaspoon salt
Few grains cayenne

Wash butter. To one-third add egg yolks and lemon juice. Cook in a double boiler, beating constantly, until it begins to thicken. Add another third of the butter and as the mixture thickens add the last third. Cook until of the consistency of soft custard, beating all the time. It will curdle if overcooked. Add seasonings.

MOCK HOLLANDAISE SAUCE

3 tablespoons butter or margarine
2 tablespoons flour
1 cup boiling water
2 egg yolks
⅛ teaspoon salt
⅛ teaspoon paprika
1½ tablespoons lemon juice

Cream the butter and flour together, and melt without browning. Add the boiling water slowly and cook for five minutes.

Pour, stirring continuously, over the well beaten egg yolks, add the seasonings and serve immediately. If necessary to reheat place the saucepan over boiling water — never over a direct heat.

MAÎTRE D'HÔTEL BUTTER

¼ cup butter or margarine
⅛ teaspoon salt
Dash pepper
1 tablespoon chopped parsley
1 tablespoon lemon juice

Cream butter, add salt, pepper and parsley, and work in the lemon juice carefully. Use with broiled meat or fish.

MUSTARD SAUCE

3 tablespoons butter or margarine
3 tablespoons flour
1½ teaspoons dry mustard
1 cup stock
1 cup scalded milk
1 teaspoon lemon juice

Cream together the butter, flour, and mustard, add the stock slowly and stir until boiling. Put in the milk, and add the lemon juice carefully just before serving. Serve with fish or ham.

PEANUT BUTTER GRAVY FOR HAM

2 tablespoons peanut butter
½ tablespoon flour
1 cup milk

To the juices left in the pan after frying or baking ham, add the peanut butter, flour and milk, stirring constantly so that it will not lump. Cook until thickened.

RAISIN SAUCE

¾ cup raisins
1 cup water
4 or 5 cloves
¾ cup sugar
1 teaspoon cornstarch
Dash of pepper
1 tablespoon butter or margarine
1 tablespoon vinegar
1 teaspoon lemon juice
Few drops Worcestershire sauce or few gratings horseradish

Cover the raisins with the water, add the cloves, and allow to simmer until the raisins are tender. Combine the dry ingredi-

ents, add to the mixture and stir until thickened slightly. Add the butter and remaining ingredients. Serve hot with ham.

TARTAR SAUCE

½ cup mayonnaise
½ tablespoon capers
½ tablespoon chopped pickle
½ tablespoon chopped olives
½ tablespoon chopped parsley

Mix all the ingredients together. This is used mostly with fish.

TOMATO SAUCE

2 cups cooked or canned tomatoes
1 small onion, sliced
1 teaspoon sugar
½ teaspoon salt
2 cloves
Small piece bay leaf
3 tablespoons butter or margarine
3 tablespoons flour

Simmer the tomato with the seasonings for ten minutes. Rub through a sieve and add gradually to the butter and flour which have been thoroughly blended. Cook until thickened, stirring constantly.

VELOUTÉ SAUCE

2 tablespoons butter or margarine
2 tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper
1 cup white stock

Melt butter, add flour and seasonings. Pour on gradually the stock and cook until thickened, stirring constantly.

WHITE SAUCE

White sauce is probably the most extensively used of all the sauces and, too often, poorly made. It is a simple mixture of milk, thickened with flour and enriched with butter, but to be acceptable it must be perfectly smooth, thoroughly cooked and well seasoned. A lumpy, pasty, or raw tasting white sauce should not be tolerated. The thickness of the sauce depends on the purpose for which it is used and is controlled by the proportion of flour to milk. It is a medium white sauce which is most often served with meat, fish and vegetables. A thin

white sauce is used as a basis for cream soups; a very thick sauce makes a foundation for croquettes and cutlets.

Thin:	1 tablespoon butter or margarine ½ to 1 tablespoon flour 1 cup milk
Medium:	1½ to 2 tablespoons butter or margarine 1½ to 2 tablespoons flour 1 cup milk
Thick:	3 to 4 tablespoons butter or margarine 4 to 6 tablespoons flour 1 cup milk

Melt butter and blend flour with it to make a smooth paste. Add milk a very little at a time, blending thoroughly after each addition. When all the milk has been added cook until thickened, stirring constantly. Continue to cook for fifteen minutes, stirring occasionally. It is advisable to use a double boiler. When using a saucepan keep the mixture just under the boiling point. Season with salt (the exact amount needed will depend on the amount and saltiness of the butter) and a dash of pepper.

STUFFINGS

Stuffing is a well seasoned mixture of various ingredients, usually with a foundation of bread or other starchy food, cooked in or served with poultry, meat and fish. Stuffing is also used with vegetables.

The making of a good stuffing calls for culinary art — a taste for interesting combinations, a choice of appropriate seasonings, a blending of ingredients, and a nice proportion of liquid.

BREAD STUFFING

3 cups bread cubes
2 tablespoons chopped onion
1 cup celery, chestnuts, etc. (see directions below)
¼ cup melted fat
About ½ cup stock or milk
Salt, pepper, paprika, sage or poultry seasoning to taste

Have stale bread cut in three-eighth inch cubes. Cubes give lightness to the stuffing since they do not pack into a soggy mass as crumbs do. To give color use the crusts or brown a third of the cubes in the oven or in the fat used in the stuffing. Left-over toast may be used instead of bread. Cook onion in the fat until lightly browned, and add to the bread.

Add the ingredient chosen to give individuality to the stuffing. It may be cooked chopped celery, sautéed mushrooms, chopped olives, cooked chestnuts with skins removed, chopped cooked giblets, hard cooked eggs, or oysters cooked in milk, or a combination of two or more of these ingredients.

Add liquid to moisten. The exact amount will depend on the dryness of the bread. It is best to allow the mixture to stand for half an hour or longer so that the bread will have a chance to absorb the liquid and be moistened throughout. Add seasonings to taste.

BACON STUFFING

½ cup crisp bacon cubes
1 tablespoon clear bacon fat
¼ cup (approximately) stock
2 cups bread cubes
1 tablespoon finely chopped onion
⅓ teaspoon dried celery leaves
½ teaspoon parsley

Cook bacon until crisp and brown and drain from the fat. Follow the general directions for making bread stuffings, browning the onion in the clear bacon fat.

APPLE STUFFING

1 tablespoon minced onion
2 tablespoons melted fat
1 cup bread cubes (very small)
2 cups tart apples, finely chopped
Weak stock
Salt and pepper

Brown the onion in the fat, add the bread cubes, the chopped apples, sufficient stock to moisten, and seasonings. One-fourth cup raisins, or one-half cup of cooked stoned prunes may be added to give variety. This is especially good with pork, duck and goose.

CHESTNUT STUFFING

3 cups chestnut purée
1 cup soft bread crumbs
½ cup melted butter or margarine
1 tablespoon chopped parsley
1 tablespoon grated onion
½ teaspoon salt
⅛ teaspoon pepper
½ cup cream

To prepare the chestnut purée, boil a quart of large French chestnuts until tender. Remove shells and skins and rub through a sieve. To the purée add the bread crumbs, butter, and seasonings. Moisten with the cream and mix lightly. Use with chicken and turkey.

NUT BREAD STUFFING

2 cups nut bread
⅔ cup (approximately) milk
½ cup mushrooms
Salt, pepper, dried celery leaves
Onion juice

Moisten small cubes of dry nut bread with the milk; add the mushrooms, and seasonings, and cook slowly, stirring, until well blended.

This stuffing is unusual, and is delicious with chicken. It may also be made, placed in a casserole, covered with slices of left-over chicken, turkey, veal or lamb, heated in the oven and served with a mushroom sauce or meat gravy.

ORANGE STUFFING FOR DUCK

3 cups dry bread crumbs
1 cup diced apples
½ cup seedless raisins
4 tablespoons sugar
⅔ cup orange juice
¼ cup melted butter or margarine
Salt and pepper

Mix ingredients in order given and season to taste with salt and pepper. A little more or less liquid may be needed, depending on the dryness of the crumbs. Garnish the duck with watercress or parsley and with sections of orange dipped in a thick sugar syrup. Serve with the duck an orange sauce made by adding one-half cup of strained orange juice to two cups of gravy.

OYSTER STUFFING

¼ cup milk
½ cup melted butter or margarine
3 cups bread crumbs (soft)
1 pint oysters
2½ teaspoons salt
½ teaspoon pepper

Pour milk and butter over crumbs. Add chopped oysters and seasoning.

PARSLEY STUFFING FOR ROAST PIG

2½ quarts stale bread crumbs
2 medium sized onions
½ cup chopped parsley
½ cup melted butter or margarine
2½ teaspoons salt
½ teaspoon pepper
2 eggs
Boiling water

Combine the bread crumbs, chopped onions and parsley and add butter and seasonings. Add eggs, slightly beaten, and moisten with boiling water, stirring lightly with a fork to keep the mixture from becoming soggy. The dressing should be rather dry.

POTATO STUFFING

2 cups hot mashed potato
1¼ cups stale bread crumbs
¼ cup salt pork
1 medium sized onion
1 egg
1½ teaspoons salt
1 teaspoon sage
¼ teaspoon pepper

Put the potato through a ricer so that it will be free from lumps. Add crumbs, salt pork and onion chopped fine, egg slightly beaten and seasonings. This stuffing is especially good for roast goose or duck.

RAISIN STUFFING

2 cups dry bread cubes
⅓ cup seeded raisins
⅛ cup walnuts, chopped
1 teaspoon salt
⅛ teaspoon pepper
½ teaspoon poultry seasoning
Dash of mace
¼ cup butter or chicken fat melted
⅓ cup (approximately) hot milk or chicken stock

Combine bread cubes, raisins, nuts and seasonings, then add melted fat and hot liquid. Allow to stand fifteen minutes over a low fire. Use to stuff chicken, duck or guinea hen. Hot water and one beaten egg yolk may be added in the place of the hot milk or stock.

SAUSAGE STUFFING

¼ pound raw sausage (⅔ cup cooked)
1⅓ cup bread cubes
Stock
½ raw egg
Seasonings — celery leaves, salt, pepper, onion juice
2 tablespoons chopped pickle

Put the sausage into a hot frying pan and cook until a delicate brown, stirring frequently so that all parts are equally colored. Add the bread cubes, and sufficient stock to moisten. Add beaten egg and seasonings. Since the sausage is usually well seasoned, care should be taken not to add too much salt and pepper. Celery leaves, or a little cooked celery, chopped pickles, or chopped olives add zest. This is a good stuffing for chicken, turkey, or to use with vegetables.

RICE STUFFING

2 cups cooked rice
1 cup cooked celery
2 eggs, hard cooked and finely chopped
Salt and pepper
2 teaspoons onion
2 tablespoons fat from bacon
1 teaspoon parsley
2 teaspoons Worcestershire sauce

Cook the rice in stock to which the liquid from the cooked celery has been added. Drain. Combine the ingredients, adding such seasonings as are needed, depending upon the stock used. Use this stuffing for breast or shoulder of lamb, where the delicate flavor should not be masked.

TOAST STUFFING FOR TURKEY

8 slices toast
¼ cup butter or margarine
2 cups hot milk
2 teaspoons poultry seasoning
1 teaspoon salt
1 tablespoon chopped onion
2 eggs

Cut toast into small cubes, add melted butter, milk, seasonings, and beaten eggs. Mix lightly but thoroughly.

VEGETABLES

Vegetables play a most important rôle in nutrition, furnishing minerals and vitamins which are essential in the regulation of body processes and giving the bulk which makes for good elimination. If they are to make their greatest possible contribution to the dietary they must be carefully chosen and properly prepared.

Selection of Vegetables. — Choose vegetables that are fresh and firm, free from blemishes or decayed portions. Avoid those which are under or overripe. Leafy vegetables should be crisp.

Care of Vegetables. — Green vegetables should be used as soon as possible after they come from the garden or market. When it is necessary to keep them for a number of hours put them in a cool dry place. Wash leafy vegetables, wrap in a damp cloth or place in a covered container and keep in the refrigerator.

Root vegetables like carrots, turnips and parsnips and tubers such as potatoes can be stored for winter use. Brush off excess dirt but do not wash them. Keep in a cool, well ventilated place.

Soaking in cold water helps to restore lost crispness. This should be done before, not after, paring and cutting.

Preparation of Vegetables. — Wash every vegetable thoroughly before cooking or serving it. Use a small brush for vegetables that are not too delicate in texture.

If the vegetables must be pared remove as thin a peeling as possible for a large proportion of the nutritive material lies just under the skin.

Cut in even pieces of the desired size and shape.

METHODS OF COOKING VEGETABLES

The problem in cooking vegetables is to retain the vitamins and minerals, to develop the best in flavor and texture, to soften the cellulose or woody fiber which all vegetables contain and to cook the starch so that it can be taken care of easily by the digestion. It is most important to save every bit of liquid used in the cooking process. Certain vitamins, minerals, and

flavoring substances are soluble in water and if they find their way into the sink with the liquid drained off after cooking the best of the vegetable is gone. The water in which vegetables have been cooked can be utilized in soups and sauces but it is less of a problem to plan the cooking so that there will be no excess of liquid.

Boiling. — This is the most common method of cooking vegetables but one which, carelessly done, results in great loss of nutritive elements and flavor. The proper procedure in boiling is to add to the prepared vegetable just enough boiling water barely to cover, cover the kettle and boil gently until the vegetable is tender, watching carefully to prevent burning. At the end of the cooking period remove the cover and allow the water to boil away until it has almost entirely disappeared, or use the remaining liquid in a sauce to serve with the vegetable.

In special waterless cookery utensils all kinds of vegetables may be cooked with no added liquid whatever and constant watching is unnecessary.

In the case of strong flavored vegetables like cabbage and onions a large amount of water may be used if it seems necessary in order to make the vegetable acceptable. Even the strong vegetables are seldom unpalatable, however, when cooked with little water unless they are overcooked.

Steaming. — This is a method which helps conserve soluble elements. Place the prepared vegetables in the upper compartment of a steamer, keep the water in the lower kettle boiling and cook until the vegetable is tender. The time required is usually a little longer than for boiling.

Baking. — Any vegetable may be baked in a covered dish without loss of soluble material. Prepare as usual, place in a baking dish, adding a little water (from one-quarter to one cup to a quart — no more than will be absorbed by the vegetable or can be served as sauce), cover and cook in the oven until tender. A moderate temperature is best but it may be increased or decreased if another food which requires a definite temperature is to be baked at the same time.

Whole potatoes are baked uncovered in a hot oven.

Frying. — This method is used for a few vegetables, potatoes and egg plant for example, but it is not adapted to vegetable cookery in general.

Time for Cooking. — Because so much depends upon the state of maturity and the freshness of vegetables, it is impossible to give a definite time for cooking. The rule is to cook a vegetable only until it is tender. Cabbage, cauliflower, and spinach are palatable when they still retain a suggestion of their crispness. Green corn needs only to have the milk "set"; but on the other hand, be sure that peas and beans are not hard and raw in flavor. Too long cooking produces an unpleasant, strong flavor, ruins the natural color, and makes the vegetable soft and mushy.

Seasoning. — Season vegetables, unless they are to be used in special recipes, with salt, pepper or paprika and dress with a little butter, cream or smooth white sauce. Add the salt when the cooking is partially completed. In this way the cellulose is not toughened and yet time is allowed for the salt to penetrate the vegetable tissue. Steamed as well as boiled vegetables should have salt added during the cooking process.

The Use of Soda. — The addition of soda to vegetables while they are cooking helps soften the cellulose, and in green vegetables keeps the color bright. However, its use is a doubtful practice because of the effect on the vitamins.

ARTICHOKES (FRENCH)

Cut off the stalk close to the leaves, remove the hard outer leaves, trim off the prickly tips of the petals, cut off about an inch across the top. Wash, and soak for half an hour in salted water. Cover with boiling water, adding one teaspoon each of salt and lemon juice to every quart of water. Cook until tender. Drain and lay open slightly so that the "choke," the thistle-like portion in the center, can be scooped out. Serve hot with melted butter or Hollandaise sauce, or cold, as a salad, with French dressing.

A whole small artichoke is used for a serving. Larger ones are cut in halves or quarters.

The petals are pulled off, one by one, with the fingers, the large end dipped in the sauce and the soft part at the base eaten. After all the petals have been removed the base, which is the choicest part of the artichoke, will be left. It is eaten with a fork. The artichoke bottoms alone are often served as a vegetable or in salad.

ARTICHOKES (JERUSALEM)

Wash the artichokes and scrape off the skins. Slice or dice and cook in as little water as possible until tender (twenty to thirty minutes), adding salt when partly cooked. Dress with butter or white sauce.

Jerusalem artichokes may be served raw, as a relish or in salad.

ASPARAGUS

Break off the ends of the stalks as far down as they will snap easily. Tie in a loose bunch, set upright in a deep kettle, add a few inches of boiling water and cook, covered, until tender (twenty to thirty minutes). In this way the tops will cook more slowly than the tougher ends and will not be over done before the ends are tender. Add salt when partly cooked. Serve with melted butter or Hollandaise sauce.

Asparagus may be cut in inch lengths, cooked in a small amount of water or over steam, and dressed with melted butter, cream or white sauce. It is best to add the tips after the ends of the stalks are partially cooked. A two pound bunch of asparagus will serve six.

LIMA BEANS

Slit the pods and remove the beans. Wash and cook in as little water as possible until tender (thirty to sixty minutes). Season with butter, or with a combination of butter and cream, and salt and pepper. A quart of lima beans in the pods will yield only about a cup of shelled beans. Three quarts are needed for six servings.

DRIED LIMA BEANS

Wash the beans thoroughly and cover with cold water. Let stand several hours, over night if possible, and cook in the same water until tender, adding salt when partially cooked as for fresh vegetables.

SHELL BEANS

Prepare and cook like lima beans. Two quarts will serve six.

STRING BEANS

Break off tips, removing strings with them. Wash, cut or break in uniform lengths. Small beans may be left whole. Cook until tender (thirty to sixty minutes), adding salt when almost done. Season with butter, salt and pepper.

BEETS

Leave on roots and two inches of the tops to prevent loss of color. Scrub thoroughly, taking care not to break the skins. Cook until tender and slip off the skins. Slice, chop or, if small, leave whole. Season with butter, salt and pepper. Young beets will cook in forty to sixty minutes. Old ones may require two to four hours.

HARVARD BEETS

6 medium sized beets
½ cup sugar
1 tablespoon cornstarch
¼ cup water
½ cup vinegar
1 tablespoon butter or margarine
¼ teaspoon salt

Cook and slice beets. Mix sugar and cornstarch, add water and vinegar and cook until thickened, stirring constantly. Add butter and salt. Add beets and bring again to the boiling point. Serves 6.

BEET GREENS

Young beet tops make excellent greens which have a mild but distinctive flavor. Clean them carefully and cook until tender (thirty to forty minutes). If there are tiny beets at the ends of the stalks cook them with the greens. Chop and season with butter, salt and pepper.

BROCCOLI

Broccoli is a vegetable belonging to the cabbage family. The variety found in the eastern markets consists of a short, rather thick stalk, carrying green leaves and ending in a flower head. Cook it, after washing and picking over carefully, in a steamer or boiling water until tender (twenty-five to fifty minutes), adding salt when almost done. Serve with melted butter or Hollandaise sauce. Broccoli may be served like greens, chopped and seasoned with butter, salt and pepper. Two pounds serves six.

Western broccoli is very similar to cauliflower and is cooked and served in the same way.

BRUSSELS SPROUTS

Remove wilted leaves and soak the sprouts in cold, salted water (one tablespoon salt to one quart water) for half an hour. Cook until tender (twenty to thirty minutes) and dress with melted butter, white sauce or Hollandaise sauce. A quart serves six.

BRUSSELS SPROUTS WITH CELERY

1 quart Brussels sprouts
1½ cups celery
3 tablespoons butter or margarine
3 tablespoons flour
1½ cups milk
Salt, pepper

Cook sprouts until tender. Wash celery and cut in small pieces. Melt butter, add celery, and cook two minutes, then add flour and pour on gradually the scalded milk. Cook until thickened, add sprouts. Season and serve as soon as sprouts are reheated. Serves 8.

CABBAGE

Remove coarse or wilted outer leaves, cut the head in quarters and remove hard core. Soak in salted water for half an hour. Shred, chop or leave in large pieces and cook until tender adding salt when nearly done. Cabbage is one of the vegetables which may be cooked in a large amount of water in order that its flavor may be more delicate. The time required will be from ten minutes for chopped cabbage to half an hour for large sections. Never cook cabbage until it is discolored, only until it is barely tender. Season with butter, salt and pepper or combine with cream sauce. A medium sized head of cabbage will serve six.

Raw cabbage, shredded or chopped, is a very common salad ingredient.

CABBAGE WITH CREAM, NORWEGIAN STYLE

Shave cabbage fine. Place in the top of a double boiler and add salt, pepper and enough sour cream to moisten well. Cook until the cabbage shrinks down. Serve hot.

HOT KRAUT

½ onion, chopped
1 tablespoon drippings
1 medium sized head cabbage sliced fine
½ cup vinegar
1½ cups hot water
2 teaspoons salt
¼ teaspoon pepper
3 tablespoons flour
½ cup milk

Cook onions in drippings. Add cabbage, vinegar, water, salt and pepper. Cook about an hour or until cabbage is tender. Then add flour mixed to a smooth paste with the milk. Cook a few minutes longer and serve. Serves 10.

CHINESE CABBAGE

Chinese cabbage grows in a long, slender head, less compact than ordinary cabbage and more delicate in flavor. It is shredded and used as a salad or cooked like cabbage.

RED CABBAGE, STEWED

½ onion
2 tablespoons fat
1 medium head red cabbage
¼ cup vinegar
1 cup water
1 tablespoon brown sugar
Salt, pepper
Dash cinnamon

Slice the onion and brown it in the fat. Add the cabbage, shredded, the vinegar, water, brown sugar, salt, pepper and cinnamon. Cook slowly until tender. Serves 8.

CARROTS

Wash the carrots and scrape or pare, being careful to remove only a thin peeling. Leave small, young carrots whole. Cut larger ones in slices, cubes or lengthwise pieces. Cook until tender using as little water as possible and adding salt when nearly done. Add butter, cream or white sauce before serving. Tender young carrots will cook in twenty minutes; older ones require a longer time.

LEMON CARROTS

Cut carrots in slices or straws, cook until tender, then sauté, using one tablespoon butter and a teaspoon each of chopped parsley and lemon juice for a cup of carrots.

CARROTS, INCOGNITO

6 medium sized potatoes
4 medium sized carrots
½ cup hot thin cream
3 tablespoons butter

Cook the potatoes and the carrots until thoroughly done. Drain, mash separately, combine and add the cream and butter. Serves 8.

CARROT TIMBALES

2 eggs
2 tablespoons fat
1 teaspoon salt
⅛ teaspoon pepper
1½ cups grated carrot
½ cup liquid (milk or vegetable stock)
⅓ cup bread crumbs
A few drops of onion juice

Beat eggs, add melted fat, seasonings and liquid. Combine with other ingredients, turn into greased molds, set in pan of hot water and bake in a moderate oven until firm.

Note: The pulp of peas and spinach may be used instead of carrot. Cooked oatmeal or other cereal may be used instead of crumbs.

Time in baking, 30 minutes. Temperature, 350°. Serves 6.

CAULIFLOWER

Remove leaves and place the head, top down, in cold, salted water. Let stand half an hour. Leave whole or divide into flowerets. Cook until tender, using a large amount of water for a more delicate flavor. Add salt when partly done. Dress with melted butter or white sauce or serve with Hollandaise sauce. If the cauliflower head is cooked whole, thirty to fifty minutes will be required. Separated into flowerets it will cook in twenty to thirty minutes. A good sized head will serve six.

SPANISH CAULIFLOWER

2 tablespoons butter or margarine
1 small onion
Few sprigs parsley
1 teaspoon celery salt
2 tablespoons flour
1 cup water
¼ cup catsup
1 medium head cauliflower

Heat the butter and in it cook the onion, chopped, and an equal amount of chopped parsley until brown. Add celery salt and flour and mix to a smooth paste. Add the water gradually and stir until the mixture boils. Strain and add the catsup. Pour over the head of cauliflower which has been cooked. Serves 6.

CELERY

Cut off the root and green tops and separate into stalks. Scrub with a brush and scrape off the coarse outer threads. The tender inner stalks are usually served raw, the outside stalks may be cut fine for use in salads, or cooked. The tops make good seasoning for soups, sauces, and stews. They may be dried in a warm place and kept indefinitely.

To cook celery cut the cleaned stalks into inch lengths and cook until tender (15 to 25 minutes), using as little water as possible. Add salt when nearly done. Serve with white sauce.

CHARD

Cut off the root end, wash the leaves carefully and cook until tender (twenty to thirty minutes) in as little water as possible. Chop and season with butter, salt and pepper. The thick midribs of the leaves may be stripped of the green portion, cut in small pieces and cooked and served like celery.

CHICORY (CURLY ENDIVE)

Chicory or curly endive is used primarily as a salad green, but the green outer leaves which are tougher and more bitter than the tender yellow ones in the center of the head can often be used to better advantage if cooked until tender (thirty to forty-five minutes) in a small amount of water, chopped, seasoned with butter, salt and pepper and served like other greens. Chicory is a sandy green that needs very careful washing. The leaves should be separated from the root in order that the dirt may be completely removed.

CORN

To keep corn fresh leave it in its husks until just before cooking it. Pull off the husks and remove every bit of the silk. Break off the ends of the ears if they are not well filled out. Cook,

preferably in a steamer, until the milk is set (eight to twelve minutes). Do not add salt to the water for it tends to toughen the corn. Serve immediately with butter and salt.

Corn may be cut from the cob as soon as cooked and seasoned with butter, a little cream if desired, salt and pepper.

SUCCOTASH

6 large ears corn
1 cup cooked lima or shell beans
¼ cup cream or top milk
2 tablespoons butter or margarine
Salt, pepper

Cook corn and cut from the cob. Add beans, butter and cream and season to taste with salt and pepper. Bring to the boiling point before serving. Serves 6.

CUCUMBERS

Select cucumbers that are long and slender. Chill and pare rather thickly because a spongy layer, likely to be bitter, lies just under the green skin. Cut in thin slices and serve as a salad. To make the slices more attractive score the peeled cucumber lengthwise with a fork before cutting it. If the cucumber has lost its crispness let the slices stand in ice water for half an hour or longer before serving.

Large cucumbers are sometimes cooked, the seedy portion being removed first. Cooked cucumber needs a highly seasoned sauce to give it character.

BAKED STUFFED CUCUMBERS

3 cucumbers
1 cup stale bread crumbs
1 tablespoon minced onion
1 teaspoon minced parsley
⅔ teaspoon celery salt
¼ teaspoon paprika
2 slices diced bacon
½ cup tomato soup, sauce or gravy
1½ cups stock

Peel the cucumbers, cut them lengthwise into halves and scoop out the centers. Blend all the other ingredients except the stock, fill the cavities with the mixture and place close together in a baking pan. Pour the stock around and bake in a moderate oven for half an hour, basting occasionally with the liquid.

DANDELION GREENS

Cut off root ends, allowing the leaves to separate. Wash in a number of waters to remove sand. Pick out the coarse and discolored leaves. Cook in a large amount of water to remove the bitter flavor that to many people is objectionable. If the greens are suspected of being unusually bitter they may be blanched in boiling water for five minutes, drained and covered with fresh water. The time required for cooking varies from twenty-five minutes to an hour. Chop the greens before serving, and season with butter, salt and pepper.

ESCAROLE

Escarole is similar to chicory and is prepared and served in the same way, both as a salad and as a cooked green. It is usually more tender than chicory and will cook in a shorter time.

EGGPLANT

Eggplant is a vegetable that needs special methods of preparation to bring out its flavor. Unlike the great majority of vegetables it is not good cooked simply in water or by steam.

BAKED EGGPLANT

1 eggplant
1 egg
⅓ cup bread crumbs
1 onion (medium sized)
¼ cup butter or margarine
Salt and pepper

Peel eggplant and cut in cubes. Cook in salted water until tender and drain. Add egg, well beaten, crumbs, onion chopped fine, butter, salt and pepper to taste. Bake in a moderate oven. Time in baking, 40 minutes. Temperature, 350°. Serves 6.

FRIED EGGPLANT

Cut eggplant in slices about a third of an inch thick and peel. Sprinkle with salt, pile the slices together on a plate, put a slight weight on top of them and let stand for half an hour. This procedure may be omitted but it draws out the strong flavor which is sometimes unpleasant. Wipe the slices on a dry cloth,

dredge with flour, dip in beaten egg and then in fine crumbs. Fry in deep fat (360°–370°) until brown, or sauté in a frying pan in a small amount of fat.

EGG PLANT EN CASSEROLE

1 large egg plant
3 small onions
3 tomatoes
1 green pepper
Salt, pepper
4 tablespoons butter or margarine

Slice the egg plant in thin slices and remove skin. Slice the onions, tomatoes and the pepper very thin. Arrange the vegetables in alternate layers in a greased casserole, seasoning each layer with salt and pepper. Add the butter, melted, and cover. Bake in a moderate oven until vegetables are tender.

Time in baking, 1¼ hours. Temperature, 350°. Serves 8.

ENDIVE

Endive is used almost entirely as a salad green. Wash the heads, remove outer leaves if they are wilted or discolored, and chill. Cut the heads lengthwise in halves or quarters or separate the leaves. Serve alone with a salad dressing or use as the foundation of a more elaborate salad.

KALE

Kale is a green of coarse texture and rather strong flavor. Cut off the small root end, remove tough midribs and wash the leaves carefully. Cover with boiling water and cook until tender. A small piece of salt pork or bacon may be added for flavor if desired. Drain, chop and add butter unless fat has been used in the cooking. Season with salt and pepper.

KOHLRABI

The edible portion of kohlrabi is the bulb which is an enlarged stem end. Cut off the tops and peel the bulbs. Slice or cut in cubes or quarters and cook until tender (twenty to thirty minutes). To make the flavor more delicate a large amount of water may be used. Drain and add butter, cream or white sauce. Season with salt and pepper.

LEEKS

Cut off the root ends, peel the outer skins and trim the green tops. Cover with boiling water and cook until tender (twenty-five to thirty-five minutes). Drain and dress with butter or white sauce. The cooked leeks may be chilled and served as a salad.

LENTILS

Lentils are a dried legume and must have the moisture restored before cooking. Pick them over and wash, cover with cold water and soak for several hours, over night if possible. Cook in the same water until tender (thirty to forty-five minutes). A slice of onion may be added for flavor. Drain and add butter or white sauce.

Lentils are often used as a basis for croquettes, vegetable loaves and casserole dishes.

LETTUCE

Lettuce is most often used raw as a salad but it may be cooked like other greens. An over-supply of garden lettuce and the coarse outer leaves of head lettuce can be utilized to good advantage in this way.

To prepare lettuce cut off the root and separate the leaves. Wash them carefully and chill. Remove superfluous moisture before using lettuce in a salad.

Imperfect or very large leaves of lettuce will appear more attractive if shredded instead of being served whole.

Cook lettuce like other delicate green vegetables with little added water. Chop and season with butter, salt and pepper.

WILTED LETTUCE

1 large head garden lettuce
¼ cup diced bacon
½ cup vinegar
2 teaspoons sugar
1 teaspoon salt
⅛ teaspoon pepper

Shred lettuce. Cook bacon in a frying pan until crisp and brown. Add vinegar and seasonings and bring to the boiling point. Add lettuce, cover and let steam until wilted. Serve immediately. Serves 6.

MUSHROOMS

Mushrooms are valuable chiefly for their flavor. Whether they are to be served alone or in combination with other ingredients they are usually first sautéed in a little butter or other cooking fat. To prepare mushrooms for cooking wash them, remove stems and peel the caps if the outer skin is tough. Ordinarily mushrooms do not need to be peeled. If the stems are solid and tender slice them and add to the caps. Slice the caps or cut them in pieces if they are large. For a cup of prepared mushrooms heat two tablespoons of fat in a pan, add mushrooms and cook five to seven minutes, stirring frequently. Overcooking toughens mushrooms. Season with salt and pepper. Servings of mushrooms are usually small. One-half pound serves 6.

MUSHROOMS IN CREAM

½ pound mushrooms
4 tablespoons butter or margarine
1½ tablespoons flour
1 cup thin cream
Salt, pepper
Dash mace

Cook mushrooms in three tablespoons of the butter. Make a white sauce of the rest of the butter, flour, cream and seasonings. Add mushrooms, including all the juice from the pan in which they were cooked. Serve on thin slices of toast which have been well buttered. Serves 6.

OKRA

Okra is rarely served by itself but is used in combination with other vegetables, especially tomatoes, and as an ingredient in soups.

Wash the pods thoroughly for dust adheres readily to the fuzzy surfaces. Cut off the tips and slice. Cover with boiling water and cook gently until tender (twenty-five to thirty-five minutes), adding salt when partly done. If to be used alone season with butter, lemon juice, salt and pepper.

OKRA AND TOMATOES

1 pound okra
1 tablespoon cooking fat
2 cups tomatoes (canned or fresh)
1 medium onion
Salt
Red pepper

Wash and slice the okra. Place fat in a frying pan and when hot add the okra and chopped onion, and let cook fifteen minutes. Add tomatoes and seasoning. Cover and let cook until okra is almost tender. Then uncover and finish cooking. If fresh tomatoes are used, cut them and add when the okra has cooked five minutes.

Time in cooking 45 minutes. Serves 6.

ONIONS

For boiling choose a mild variety such as white or Bermuda onions. Small red onions and yellow silver skins are stronger and suitable for seasoning. Spanish and Bermuda onions and the large red Italian variety are good to serve raw and to French fry. Medium sized Bermudas are particularly good for stuffing.

Peel onions, add boiling water (enough to cover well if a delicate flavor is desired) and cook until tender but unbroken, adding salt when partially cooked. Drain and season with butter, salt and pepper or serve with white sauce or cream.

FRIED ONIONS

Peel and slice onions. In a frying pan heat three tablespoons fat for a quart of onions. Add onions, and cook until slightly browned, stirring frequently. Cover and continue cooking until the onions are tender (fifteen to twenty minutes). Season with salt and pepper.

FRENCH FRIED ONIONS

Peel large, mild onions, cut in thick slices and separate into rings. Let stand in ice water half an hour or longer, drain and wipe dry. Dip in flour with which salt and pepper have been mixed and fry in deep fat at 365–370° until delicately browned. Drain on absorbent paper and sprinkle with salt. Serve at once.

SOUTHERN ONIONS

3 large onions
6 slices bacon
2 tablespoons flour
1½ cups milk
¼ teaspoon salt
Dash pepper

Peel and slice onions and parboil in salted water. Let cook until almost done. There should be one-half cup liquor. Cook bacon and remove from frying pan. To two tablespoons of the fat add flour, and brown. Pour in milk, stirring constantly and add onions with liquor. Add salt and pepper. Serve on toast, garnished with the bacon. Serves 6.

STUFFED ONIONS

6 good sized onions
1 cup bread crumbs
¼ cup nut meats
¼ teaspoon celery salt
Salt, pepper
⅓ cup milk
6 teaspoons butter or margarine

Peel onions and cook until partly done (about one-half hour). Drain and remove center portions. Chop the centers and with one-half cup mix the bread crumbs, nuts, seasonings and milk. Fill the onions with the stuffing and put a teaspoon of butter on top of each. Place in a pan and bake in a moderate oven until the onion is tender and the stuffing brown.
Time in baking, 45 minutes. Temperature, 350°. Serves 6.

OYSTER PLANT (SALSIFY)

Oyster plant is a root very like parsnips in appearance. Wash and scrape and cut in slices or cubes. Add a little boiling water and cook until tender (twenty-five to thirty-five minutes), adding salt toward the end of the cooking period. Season with butter, salt and pepper or combine with white sauce. For six servings allow a bunch of six medium sized roots.

PARSLEY

Parsley is the green used most commonly as a garnish. It is also valuable, cooked in soups and sauces or minced and combined with salads, for its flavor.

Wash parsley thoroughly, put in a covered container with

the stem end in water and keep in the refrigerator. It will keep fresh and crisp for a long time.

Parsley may be dried in a warm place and kept on hand for seasoning.

PARSNIPS

Wash and scrape parsnips. Cut in slices, cubes, in halves or quarters lengthwise or, if small, leave whole. If the centers are pithy remove them. Cook in as little water as possible until tender (twenty-five to forty-five minutes), adding salt when partly done. Season with butter, salt and pepper or serve with white sauce. Allow one medium sized parsnip for each person to be served.

FRIED PARSNIPS

Wash parsnips and cook, whole, until tender. Remove skins and cut in lengthwise slices or quarters. Roll in flour and sauté in cooking fat until delicately browned.

GLAZED PARSNIPS

Prepare parsnips as for Fried Parsnips. After cooking and slicing spread on a shallow baking pan, sprinkle with sugar, either brown or white, and dot over with bits of butter. Bake in a moderately hot oven until browned, basting occasionally with the liquid that forms in the pan or with melted butter.

Time in baking, 20 minutes. Temperature, 375°.

PEAS

Shell peas just before cooking. Wash and cook until tender in as little water as possible. Twenty to thirty minutes will be required. Add salt about five minutes before taking from the stove. Season with butter or add a little cream or white sauce. Two or three quarts of peas will be required for six servings.

BAKED PEAS

6 slices bacon
1 can or
2 cups cooked fresh peas
1 teaspoon salt
Pepper
1 cup cream
½ cup cracker or bread crumbs

Cut bacon in small pieces and brown it. Place peas in a casserole, add bacon, salt, pepper, and cream. Cover with bread crumbs and bake in moderate oven.
Time in baking, 45 minutes. Temperature, 350°. Serves 6.

PEAS À LA FRANÇAISE

3 tablespoons butter or margarine
1 slice bacon, diced
2 cups shelled peas
8 small onions
¼ cup cream
1 egg yolk
Salt
Pepper

Cook butter with bacon five minutes. Remove bacon and add peas and onions. Cover with boiling water and cook until the vegetables are soft. Drain and add cream, and egg yolk slightly beaten. Season with salt and pepper. Serves 6.

PEPPERS

Sweet peppers are not often served alone as a vegetable, but used raw as a salad ingredient or as a seasoning in cooked mixtures. When they do appear among the vegetables on the menu they are usually stuffed with a vegetable or cereal combination. Peppers baked with a hearty filling make a good luncheon or supper dish. Green and red peppers are practically alike in flavor.

Before peppers are used in any form the stem end must be cut out and the fiber and seeds removed.

Hot peppers can be used only as seasoning and in relatively small quantities. There seems to be no sure way to tell a hot pepper from a green one; authorities differ on what characteristics are peculiar to each. Sweet peppers are the more plentiful, however, and a hot one is seldom found among them at the market.

GREEN PEPPERS, ITALIAN STYLE

6 green peppers
2 tomatoes
Seasonings

Cut peppers in small pieces and fry in cooking fat or oil. Cut tomatoes in pieces and cook until nearly dry. Add to the peppers and let simmer for five minutes. Season to taste. Eggs may be added if desired. Serves 4.

STUFFED GREEN PEPPERS

6 green peppers
2 tablespoons fat
1 medium sized onion
2½ cups bread crumbs
1 tablespoon chopped parsley
½ cup chopped cooked ham
1 egg
Stock or water
Salt, pepper

Cut off stem end of peppers, remove seeds and membrane, and parboil in salted water for five minutes. Heat fat and brown chopped onion in it. Add bread crumbs, parsley and ham. Add beaten egg and moisten with stock or water. Season to taste with salt and pepper. Fill the pepper shells with the mixture and bake in a moderate oven until brown. Instead of the ham any other cooked meat, nuts, cheese or left-over vegetable may be used.
Time in baking, 30 minutes. Temperature, 350°. Serves 6.

POTATOES

Potatoes are the most commonly used of all vegetables and are cooked in the greatest variety of ways. The basic method is boiling or steaming.

Scrub potatoes, remove a thin paring or peel after cooking. To prevent peeled potatoes from discoloring cover with cold water. Scrape new potatoes which have thin, tender skins. Cook in a small amount of boiling salted water or in a steamer until tender (twenty to thirty minutes). Drain, remove cover from the kettle and hold over the stove to dry off superfluous moisture.

Serve plain or with melted butter and chopped parsley or with cream sauce. The potatoes may be diced before or after cooking when served with butter or sauce. Allow a medium sized potato for each person to be served.

BAKED POTATOES

Scrub potatoes and bake in a hot oven (425°–450°) until soft. From forty-five minutes to an hour will be required. If potatoes are baked too long or at too low a temperature they will be soggy instead of mealy. The skins may be rubbed over with a little fat before baking. This will make them tender and crisp. Baked potatoes are particularly attractive and delicious if the skin on top is slit at right angles, the potato softened with the hand and squeezed up through the opening and topped with a lump of butter and a dash of paprika.

POTATO CHIPS

Peel potatoes and slice very thin. A special knife or slicing device is a great convenience and will give more uniform slices than can be cut by the ordinary method. Soak the potatoes in cold water for at least an hour, dry between cloths and fry in very hot fat (390°–400°) until crisp and brown. Drain on absorbent paper and sprinkle with salt.

POTATO CROQUETTES

3 cups hot riced potatoes
2 tablespoons butter or margarine
½ teaspoon salt
Dash pepper
½ teaspoon celery salt
Few drops onion juice
1 egg
1 teaspoon minced parsley

Mix all the ingredients thoroughly. Cool, shape in croquettes. Roll in fine crumbs, dip in slightly beaten egg and roll in crumbs again. Fry in deep fat.

Time in frying, 3 minutes. Temperature, 370°. Serves 6.

DUCHESS POTATO

3 cups hot riced potato
3 tablespoons butter
3 egg yolks (or 2 small eggs)
Salt, pepper, paprika

To the potato add butter and egg yolks slightly beaten. Season to taste with salt, pepper and paprika. Shape with a pastry bag and tube, making large rosettes. Brush over with a little egg (it may be reserved from the amount used in the potato mixture) diluted with a little cold water. Brown in a hot oven.

Time in baking, 15 minutes. Temperature, 425°. Serves 6.

FRENCH FRIED POTATOES

Select large potatoes of even size. Peel, cut in slices a quarter to a third of an inch thick and cut the slices in strips. Or use small potatoes and cut in eighths or sixteenths lengthwise. Soak in cold water for at least an hour. Dry carefully between food cloths and arrange in a single layer in a frying basket. Immerse in hot fat and cook at 350° until brown. Drain on absorbent paper and sprinkle with salt.

If a large quantity of potatoes are to be prepared they may first be cooked until tender in fat heated to about 250° (this will take seven or eight minutes) and then browned quickly in very hot fat (390°). By using this method the problem of having all the potatoes hot and ready to serve at the same time will be met, and an excellent product results.

POTATOES ON THE HALF SHELL

Bake large, well formed potatoes. Cut in halves lengthwise. Scoop out the insides and mash. Beat until creamy with butter, salt and hot milk. To make the mixture extra light one or two beaten egg whites may be added. Refill the shells and sprinkle with paprika. Bake in the oven for a few minutes until puffed, and brown for a moment under the broiler flame. Time in baking, 15 minutes. Temperature, 425°.

JULIENNE POTATOES

Peel potatoes, cut in slices about one-eighth inch in thickness and then in strips of the same width. Leave in cold water for an hour or longer, remove excess moisture with food cloths, and fry in hot fat (380°–390°) until brown. Drain on absorbent paper and sprinkle with salt. The second method of frying described under French Fried Potatoes may also be used for Juliennes.

LYONNAISE POTATOES

1 quart cooked potato
4 tablespoons cooking fat
1 medium sized onion
1 tablespoon minced parsley
Salt, pepper

Have the potatoes slightly underdone and cut in dice or slices. Heat the fat and cook the chopped onion in it until slightly yellow. Add potatoes and cook until browned on all sides, stirring carefully to prevent breaking. Add chopped parsley and season to taste with salt and pepper. Serves 6.

MASHED POTATOES

6 medium sized potatoes
2 tablespoons butter or margarine
About ¼ cup milk
Salt, pepper

Cook the potatoes and while hot mash them with a vegetable masher or force through a ricer. The latter method will eliminate all possibility of lumps. Add butter and enough milk, preferably hot, to moisten. Season to taste with salt and pepper and beat with a fork until light and fluffy. Serves 6.

PARISIAN POTATOES

Either new or old potatoes may be used, the former cooked whole, the latter scooped into balls with a cutter. Bake in a hot oven in a shallow dish with a little fat. Season with salt and pepper when half done and turn the potatoes about frequently so that they may brown evenly.

PUFFED OR SOUFFLÉED POTATOES

Peel potatoes of even shape, slice in perfectly even slices a little less than an eighth of an inch thick, and cut in rounds with a biscuit cutter. Wipe dry without soaking and cook, a few at a time, in fat at about 250° for five minutes. Let them cool and then plunge into very hot fat (400°) for a few seconds. They should puff up and brown immediately. Drain on absorbent paper and sprinkle with salt.

POTATO SOUFFLÉ

3 cups mashed potato
1 tablespoon melted butter
2 tablespoons cream or rich milk
2 eggs
1 teaspoon minced parsley
Salt
Paprika

See that the potatoes are entirely free from lumps. Heat together the butter and cream or milk and beat into the potato with the yolks of eggs, parsley and seasonings. Beat the whites of eggs until stiff, fold gently into the potato mixture, place in a well buttered casserole or baking dish and bake in a moderate oven. Serve immediately.
Time in baking, 30 minutes. Temperature, 350°. Serves 6.

SWEET POTATOES

Baking is the basic method for cooking sweet potatoes. Scrub the potatoes and bake in a hot oven (400°–425°) until soft. The time required is forty to fifty minutes for medium sized potatoes.

Sweet potatoes may be boiled but the flavor and texture is not so good. Scrub and cut off the ends. Cook in a small amount of water until tender (twenty to thirty minutes) and peel while hot.

SWEET POTATO AND APPLE

Fill a buttered casserole with alternate layers of sweet potatoes (half-inch thick slices) and thinly sliced apple. Sprinkle apple with sugar and sweet potatoes with salt, a little sugar, and liberal dots of butter. Have potato and seasonings as top layer. Pour half a cup of hot water into interstices, cover and bake half an hour in a moderately hot oven. Uncover and continue cooking until richly browned and apple is soft.

Time in baking, 45 minutes. Temperature, 375°.

CANDIED SWEET POTATOES

4 good sized sweet potatoes
⅓ cup butter or margarine
½ cup brown sugar

Bake or boil potatoes until almost done; baking is preferable. Cool, peel and cut in slices or quarters lengthwise. Spread on a greased baking pan, sprinkle with brown sugar and dot with butter. Bake in a moderately hot oven until browned, basting often with the liquid in the pan.
Time in baking, 25 minutes. Temperature, 375°. Serves 6.

SWEET POTATO ON HALF SHELL

6 sweet potatoes
¼ cup evaporated milk
¼ cup water
3 tablespoons butter or margarine
½ teaspoon salt
¼ cup chopped, blanched almonds
1 dozen marshmallows

Bake even sized potatoes until soft. Cut in halves lengthwise and scoop out insides. Mash, add milk diluted with water, butter, salt and nuts. Refill shells, top each with two marshmallows, and brown in a moderate oven. Serves 6.

GRILLED SWEET POTATOES

Wash and pare potatoes. Slice one-fourth inch thick. Place on a greased broiler. Cook in broiling oven, turning the potatoes so they will cook on both sides. When tender and brown remove from the broiler, dip in melted butter and sprinkle with salt and pepper.

SWEET POTATO OMELET

1 cup mashed sweet potato
2 eggs
4 tablespoons milk
¼ teaspoon salt

Mash potatoes, add milk, salt, and eggs well beaten. Turn into well greased frying-pan and cook until browned on bottom. Place in moderate oven until top is set. Fold onto a hot platter. Time in oven, 15 minutes. Temperature, 325°. Serves 4.

PUMPKIN

Pumpkin is most often used in pies but it may be prepared and served like winter squash as a vegetable.

RADISHES

Radishes are used chiefly as a garnish, relish or salad ingredient. They may however be cooked and served as a vegetable. Slice, or, if small, leave whole, and cook until tender in as little water as possible, adding salt when nearly done. Season with butter, pepper and salt or serve with white sauce. Young radish tops may be cooked until tender and served like any greens.

ROMAINE

Romaine is a variety of lettuce. It has long green leaves, joined at the base to make a loose head, and is used as lettuce is used, most often raw.

SPINACH

Spinach is the most popular and the most widely available of all greens. Very careful cleaning is required to free it from grit. Cut off the roots to separate the leaves and put through a number of waters, removing wilted or discolored leaves. Use enough water to float the spinach so that the sand will free itself and sink to the bottom. Then lift into another utensil of clean water. A spray, attached to the cold water faucet, is helpful in washing spinach and other greens as well.

Cook in a steamer or in a kettle without added water until tender (ten to twenty minutes). Be especially careful not to overcook spinach. Prolonged cooking makes it dark colored, strong in flavor and unpleasantly soft in texture. Chop, when done, and season with butter, salt and pepper.

One-half peck spinach, if the leaves are large and crisp, serves six. The thinner-leaved spinach makes a smaller quantity when cooked.

Tender, inner leaves of spinach may be used raw in salads.

ESCALLOPED SPINACH

½ to 1 peck spinach
1 teaspoon grated onion
1 tablespoon grated cheese
1 teaspoon salt
Few grains pepper
Few grains paprika
Few grains allspice
1½ tablespoons butter or margarine
2 tablespoons flour
½ cup milk
Shredded wheat crumbs
Bacon

Cook the spinach, drain it and chop. Add onion, cheese, and seasonings. Melt butter, add flour, and when smooth add milk, stirring until sauce boils. Add to spinach and pour into a greased baking dish. Cover with sifted shredded wheat crumbs and with strips of thinly sliced bacon. Bake until bacon is curled and brown.

Time in baking, 20 minutes. Temperature, 400°. Serves 8.

MOTHER'S FAVORITE SPINACH

½ to 1 peck spinach
¾ cup cream or milk
1 small onion
Pinch of sugar
Salt
1 teaspoon butter
1 egg
1 tablespoon flour

Cook spinach until tender. Drain and chop fine. Put back into the pan and add one-half cup of cream, and bring to boiling point. Add finely chopped onion, sugar, salt to taste, and butter. Then to the well beaten egg add the remaining one-fourth cup of cream and the flour. Stir to a smooth paste and add to the spinach. Let it all boil together about three minutes, stirring constantly. Serve on toast or as a vegetable. Serves 6.

SPINACH TIMBALES

¾ cup chopped spinach
2 teaspoons butter
2 teaspoons flour
½ teaspoon sugar
1 teaspoon cream
2 eggs
¼ teaspoon mace
Salt
Pepper
1 cup white sauce

Melt butter, add flour, blend. Add cream and spinach. Remove from fire, add eggs and seasonings, beat well. Put in greased cups and set in hot water to bake until firm. Place on buttered toast, pour white sauce over and serve.

Time in baking, 30 minutes. Serves 4.

SUMMER SQUASH

There are several varieties of summer squash, differing in color and shape but quite similar in flavor.

Peel the squash if the skin is tough. Tender young crooked neck and "patty pan" squashes may be cooked with the skins. Cut in pieces, remove seeds if they are large, and cook until tender (twenty to thirty minutes) using as little water as possible. Add salt when partly cooked. Drain, mash and season with butter, salt and pepper. A good sized squash, weighing about two pounds, will serve six.

FRIED SUMMER SQUASH

The yellow crooked neck squash is best for this method of cooking. Slice about quarter of an inch thick, dip both sides in flour with which salt and pepper have been mixed, and sauté in a little fat in a frying pan, cooking until tender and browning on both sides.

TOMATO SQUASH

2 small summer squash
1 tomato
1 onion
2 tablespoons cooking fat
¼ teaspoon chili powder
Salt, pepper

Cut vegetables in small pieces and cook for a few minutes in the fat. Cover and cook slowly until tender. Add seasoning when nearly done. The chili powder may be omitted.

Time in cooking, 30 minutes. Serves 6.

WINTER SQUASH

Winter squash has a hard, inedible shell. The flesh is bright yellow and should be mealy when cooked.

Cut the squash in pieces that can be easily handled, removing seeds and stringy portion. Steam until tender (thirty to forty-five minutes), scrape the pulp from the shell, mash and season with butter, salt and pepper. If preferred, the shell may be peeled off before the squash is cooked and the flesh steamed or cooked with as little water as possible. Three or four pounds of squash, as purchased, serves six.

BAKED SQUASH

Cut squash in pieces of a suitable size for serving. Place a little butter on each piece and sprinkle with salt and pepper. Bake in a moderate oven until tender (forty-five to sixty minutes) and serve in the shell.

SQUASH AU GRATIN

2 cups mashed squash
2 tablespoons melted butter
Salt, pepper
2 eggs
½ cup grated cheese
Buttered crumbs

To the squash add the melted butter and season to taste with salt and pepper. Add beaten eggs and mix thoroughly. If squash is very dry a little cream may be added. Put in small ramekins, sprinkle with grated cheese and cover with a thin layer of very fine buttered crumbs. Bake in a moderately hot oven until crumbs are browned.
Time in baking, 25 minutes. Temperature, 375°. Serves 6.

SQUASH SOUFFLÉ

2 cups mashed squash
1 cup cream or thin white sauce
1½ teaspoons salt
1 teaspoon grated onion
2 eggs

Add seasonings and cream to squash and blend thoroughly. Add egg yolks slightly beaten and fold in thickly beaten whites. Bake in a moderate oven until firm.
Time in baking, 30 minutes. Temperature 350°. Serves 6.

TOMATOES

Tomatoes are served in hundreds of different ways, both raw and cooked. They are important for flavoring as well as for a vegetable.

Tomatoes are usually peeled before being cooked or used for salads. The easiest way to do this is to pour boiling water over them, let stand a minute or two and slip the skins off. They must then be chilled if they are to be served raw. To avoid heating the tomatoes rub them over gently with the dull edge of a knife blade to loosen the skin. Cut out the stem end and any soft portions.

FRIED TOMATOES

Choose tomatoes that are a little underripe; green ones may be used. Cut in crosswise slices about one-third inch thick. Sprinkle with salt and pepper and dredge with flour. Sauté in a little butter or other cooking fat in a frying pan, browning on both sides. A cream sauce to be served with the tomatoes may be made in the pan. For six servings add enough more fat

to make three tablespoons, blend with it three tablespoons of flour and add gradually one and one-half cups rich milk. Cook until smooth and thickened, stirring constantly. Season with salt and pepper.

STEWED TOMATOES

1 quart tomatoes (canned or fresh)
1 small onion
1 tablespoon sugar
Salt, pepper
1 tablespoon butter or margarine

If fresh tomatoes are used peel and cut in pieces before measuring, then cook until soft without added water. Add finely chopped onion, sugar, and salt and pepper to taste. Simmer for ten minutes. Add butter just before serving. Serves 6.

STUFFED TOMATOES

6 medium sized tomatoes
1 cup soft bread crumbs
½ cup chopped celery
1 teaspoon scraped onion
Salt, pepper, chopped parsley
¼ cup buttered crumbs

Remove a thin slice from the stem end of each tomato and scoop out the pulp. Mix bread crumbs, celery and seasonings with enough of the pulp to moisten. Celery salt may be used in place of the chopped celery. Fill the tomatoes with the mixture, cover with buttered crumbs and bake in a moderately hot oven until the tomatoes are soft and the crumbs brown. Time in baking, 30 minutes. Temperature, 375°. Serves 6.

TURNIPS AND RUTABAGAS

There are two kinds of turnip, the small white turnip which is usually mild in flavor and the large yellow turnip or rutabaga which is likely to be stronger.

Pare turnips rather thickly to remove the corky layer under the skin. Cut in slices or cubes. Cook until tender, using a large amount of water if a more delicate flavor is desired. Twenty-five to forty-five minutes will be required. Add salt a few minutes before taking from the stove. Drain, season with

butter, salt and pepper or serve with white sauce. Turnip may be mashed before seasoning. Six to eight small white turnips or one large yellow one is needed for six servings.

TURNIP, NEW YORK STYLE

Cut turnip in dice and cook until tender. Season with salt, pepper, and butter. Sprinkle with finely chopped parsley, stirring carefully with a fork until all the turnip cubes are coated.

WATERCRESS

Watercress is always used raw, as a garnish or as a salad, alone or in combination with other green vegetables. Wash, pick off wilted or discolored leaves and serve with French dressing.

YAMS

Yams are a variety of sweet potato. They are rather coarse in texture and sweeter and more moist than the ordinary sweet potato. They are cooked by the same methods used for sweet potatoes.

SALADS

The term "salad" was originally applied to leafy green vegetables served raw, but has now come to include any combination, simple or elaborate, of vegetable, meat, fish, egg or fruit, served with a dressing. To justify its name a salad must include some green vegetable.

PREPARATION OF SALAD INGREDIENTS

Whatever the nature of the salad its ingredients must be carefully prepared and thoroughly chilled. Nothing is more unpalatable than a lukewarm salad, mixed until it is a pasty mass.

Wash green salad plants carefully in cold water to remove dirt and insects and trim off imperfect portions. Drain, wrap loosely in a damp cloth or place in a covered container, put in the refrigerator to become chilled and crisp. Salad greens, closely covered, will keep for some time in a cold place. Before using pat with a dry cheesecloth to remove superfluous moisture.

Cut fruits and vegetables into evenly shaped pieces of the desired size. As a rule, do not chop or run through a food grinder, since such treatment is likely to bruise and crush the material.

Cut meat in cubes; separate fish into flakes.

MARINATING SALAD MATERIAL

So that salad ingredients may be well seasoned through, they are often mixed with a French dressing and allowed to stand for an hour or more before serving. Another dressing may be added when the salad is prepared for the table if desired. Lettuce and greens of a similar nature should not be marinated as it wilts them.

ARRANGING SALADS

If salad ingredients are to be mixed together handle them lightly so that the various materials will not blend completely and lose their identity. A wooden fork and spoon are best for the purpose. The dressing is usually mixed with this kind of a salad. It is best to use the dressing sparingly, passing more at the table for those who like a more generous amount.

If the salad consists of large pieces of material such as halves of fruit, slices of tomato or small whole fish, arrange them as attractively as possible on a bed of greens and pour the dressing over or pass it separately. A stiff dressing is most effective if a single spoonful is placed in the center or at the side of the salad. It may be forced through a pastry tube to give a more decorative effect.

For a garnish, in addition to the lettuce or other green, one of the following, suitable to the particular salad in question, may be used: pimiento, green pepper, onion rings, cucumber slices, radish roses, beet or carrot cut in fancy shapes, olives, chopped nut meats, capers, egg slices, cheese balls, rosettes or grated cheese, bits of bright colored fruit.

SERVING SALADS

Any light salad may be served at luncheon or dinner as a course by itself, following the meat. Crackers, sandwiches or small rolls are usually served with it.

Simple salads, especially those of green raw vegetables, often accompany the main course of a luncheon or dinner.

Meat, fish, egg, cheese and substantial vegetable or fruit salads are suitable as a main course at luncheon or supper.

Fruit salads can often be used with good effect to take the place of dessert. Crackers and cheese make a desirable accompaniment.

VEGETABLE SALADS

LETTUCE AND OTHER GREEN SALADS

The simplest of salads consists of plain lettuce or some other raw salad green, with a dressing.

Lettuce is separated into leaves, shredded or, if of the solid head iceberg type, cut in slices or quarters. To separate a solid head into its leaves cut out the core at the stalk end and let cold water run into the cavity from the faucet. The force of the water will separate the leaves without tearing them.

French dressing is usually preferred with this sort of salad. Put it in a bowl and toss the greens gently in it until each leaf is coated. The dressing is often given flavor by the addition of a bit of garlic, chopped olives, pickle, capers, green pepper, celery, pimiento, onion, or chili sauce. Of the heavier dressings Russian dressing is especially good with a plain green salad.

The list of greens which may be served raw in this way includes chicory, escarole, tender leaves of dandelion and spinach, endive, romaine, cabbage, Chinese cabbage, watercress.

MIXED VEGETABLE SALADS

Next in the scale of salads comes the raw or cooked vegetable served on a bed of salad greens. Any vegetable or a combination of several may be treated in this way. Choose the materials with care, considering flavors, colors and textures. Do not include too many ingredients in one salad.

French, mayonnaise and cooked dressings are suitable for mixed vegetable salads. The salad is often improved by marinating the vegetables in French dressing. This is particularly true when cooked vegetables are used.

ASPIC FOR JELLIED VEGETABLE AND MEAT SALADS

1 tablespoon gelatine
2 tablespoons cold water
1½ cups boiling water
2 bouillon cubes
1 tablespoon sugar
½ teaspoon salt
2 tablespoons lemon juice or vinegar
½ teaspoon scraped onion

Soften gelatine in cold water and dissolve in boiling water. Dissolve bouillon cubes, sugar and salt in the mixture and add lemon juice and scraped onion. When cold and partially thickened, add diced vegetables, meat or fish. Turn into molds and chill. This amount of aspic with one and one-half to two cups of salad ingredients will make six servings. Instead of the bouillon cubes and boiling water any meat stock or canned bouillon may be used.

ASPARAGUS SALAD IN TOMATO CUPS

Select small tomatoes of even size, using one for each serving. Peel, scoop out the centers and sprinkle the inside of each tomato with salt, invert, and chill thoroughly. When ready to serve, stand in each tomato cup, tips of asparagus which have been cooked in salted water and chilled. Arrange on lettuce and serve with French dressing.

BEET SALAD

1½ cups diced cooked beets
½ cup diced apples
1 cup diced celery
Salad dressing
2 hard cooked eggs

Mix the beets, apple, and celery, adding a little onion if desired. Moisten with salad dressing and arrange on lettuce. Garnish with sliced egg. Serves 6.

BEET AND OLIVE SALAD

½ cup green olive strips
3 cups diced cooked beets
2 tablespoons mayonnaise

Cut olives from stones in long narrow strips and combine with beets. Stir in the mayonnaise and chill thoroughly. Serve on lettuce with additional mayonnaise. Serves 6.

SAVORY BEET SALAD

½ tablespoon gelatine
2 tablespoons cold water
¾ cup boiling water
½ teaspoon salt
1 tablespoon sugar
¼ teaspoon prepared mustard
2 tablespoons vinegar
2 tablespoons minced onion
2 cups cooked beets, diced
½ cup celery, cut fine

Soften gelatine in cold water and dissolve in boiling water. Add salt, sugar, mustard, vinegar, and onion. When the mixture begins to stiffen, stir in beets and celery. Turn into individual molds. Garnish with strips of hard-cooked egg whites. Serve on lettuce with mayonnaise. Serves 6.

BRUSSELS SPROUTS SALAD

Sprinkle cooked Brussels sprouts with equal parts of finely chopped onion, olives, black walnuts, and capers, and a little lemon juice. Mix well and serve on lettuce with mayonnaise.

CABBAGE SALAD

2 cups chopped cabbage
¾ cup celery
2 bananas
½ cup salad dressing

Shred or chop the cabbage; add diced celery and finely cut bananas. Mix lightly with salad dressing and serve very cold on lettuce leaves. Sprinkle with chopped nuts or paprika. One cup diced apple or pineapple may be used in place of the banana. Serves 6.

CABBAGE AND RAISIN SALAD

2 cups shredded cabbage (as much as can be pressed down in cup)
¾ cup seedless raisins
Mayonnaise

Crisp the cabbage in water or on ice, mix with the raisins, and moisten with mayonnaise. Serves 6.

COLE SLAW

¼ cup vinegar
1 tablespoon butter or margarine
2 eggs
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon mustard
1 tablespoon sugar
¼ cup cream or top milk
1 quart shredded cabbage

Heat vinegar in double boiler and add butter. Beat eggs, add seasoning and pour vinegar over them. Return to double boiler and cook until thick, stirring constantly. Remove from stove add cream and while still hot pour over the cabbage. Serve cold. Serves 6.

CANARY SALAD

1 cup grated raw carrot
½ cup finely cut celery
½ cup chopped raw apple
½ cup finely cut orange
Mayonnaise

Mix the vegetables and fruit together and combine with mayonnaise. Serve on lettuce. Serves 6.

JEWEL SALAD

1 tablespoon gelatine
¼ cup cold water
¼ cup boiling water
1 cup cucumber
1 cup canned sliced pineapple
¼ cup sugar
¼ cup mild vinegar
⅔ cup pineapple syrup
1 tablespoon lemon juice
Few grains salt

Soften gelatine in cold water and dissolve in boiling water. Pare, chop and drain cucumber. Add pineapple, chopped and drained, dissolved gelatine, and remaining ingredients. Tint a delicate green if desired. Turn into individual wet molds, and chill. Remove from molds to nest of lettuce leaves. Serve with mayonnaise. Grapefruit juice and pulp may be substituted for the pineapple, and tarragon vinegar may be used. Serves 6.

HILLSIDE SALAD

1 small bottle stuffed olives
1 No. 2 can small green peas
1 small onion
French dressing

Chop olives and onion very fine. Combine with peas. Marinate with French dressing for one hour. Arrange on lettuce leaves and serve with mayonnaise. Serves 6.

MACARONI-NUT-CABBAGE SALAD

2 cups cooked macaron
¾ cup nut meats
1½ cups shredded cabbage
Mayonnaise

To the cooked macaroni add nuts and shredded cabbage. Moisten well with mayonnaise dressing. Serve on lettuce. Serves 6.

MACARONI AND VEGETABLE SALAD

2 cups cold cooked macaroni
½ cup peas
½ cup string beans
½ cup grated raw carrot
2 tablespoons grated onion
French dressing

Mix the macaroni and vegetables and marinate with French dressing. Serve on lettuce with mayonnaise. Serves 6.

MACARONI SURPRISE SALAD

½ package (4 ounces) elbow macaroni
2 hard cooked eggs
¼ cup chopped pimiento
½ cup chopped ripe olives
1 cup chopped celery
Mayonnaise

Cook macaroni until tender, drain and chill. Add chopped hard-cooked eggs, pimiento, ripe olives and celery. Mix with mayonnaise and serve on lettuce. Serves 6.

PARSNIP SALAD

1 cup finely chopped raw parsnips
2½ cups finely chopped apples
½ cup finely chopped peanuts
1 tablespoon sugar
Salt
Mayonnaise

Mix the parsnips, apples and nuts and add seasonings. Add enough mayonnaise to moisten. Serve on lettuce. A tablespoon of peanut butter may be added to the mayonnaise and the peanuts omitted. Serves 8.

PATTEN SALAD

Arrange a head of iceberg lettuce in a salad bowl, and just before serving rice over it a Neufchatel or cream cheese and dot bits of bright jelly or stiff jam here and there. At the last minute dress liberally with French dressing and serve with thin brown bread sandwiches.

PERFECTION SALAD

1 tablespoon gelatine
½ cup cold water
½ cup vinegar
1 teaspoon salt
1 teaspoon sugar
½ cup stuffed olives
1 cup chopped celery
1 cup chopped cabbage

Soften gelatine in cold water and dissolve over hot water. Add vinegar, salt and sugar. Let stand until partially thickened and then add olives, cut in pieces, celery and cabbage. Turn into molds and chill. Serve on lettuce with mayonnaise. Serves 6.

POTATO SALAD

1 quart diced or sliced potato
2 tablespoons chopped parsley
1 tablespoon grated onion
¼ cup French dressing
½ teaspoon salt
Pepper

Cook potatoes in salted water until tender but not mushy. They may be cut up before or after cooking. Add parsley, onion and French dressing, season with salt and pepper, and mix lightly. Let stand in the refrigerator until very cold. Serve on lettuce, dressing with mayonnaise if desired. Serves 6.

MARY MARTHA POTATO SALAD

1 large onion
2 medium sized green peppers
4 cups diced boiled potato
1 cup seedless raisins
½ cup French dressing
4 cups chopped apple

Put onion and pepper through the food chopper. Add the potatoes and the raisins which have been soaked until plump in French dressing. Pour the French dressing over the salad and let stand for a little while. Add apples, and mix with boiled dressing. Serve on lettuce topped with Russian dressing. Serves 12.

ROCKWELL SALAD

For each serving place three slices of tomato on a lettuce leaf. Slice over them one-fourth of a banana. Mix mayonnaise with whipped cream, add a few nuts, and put a tablespoonful of the salad dressing on each serving.

ST. JEAN SALAD

Arrange individual portions of very white, cooked cauliflower, each on a lettuce leaf; sprinkle sparsely with finely minced parsley, and pour paprika French dressing liberally over, just before serving.

TOMATO ASPIC

1 quart canned or cooked tomatoes
2 stalks celery
1 medium sized onion
Small piece bay leaf
4 cloves
2 teaspoons salt
2 tablespoons sugar
2 tablespoons lemon juice or vinegar
2 tablespoons gelatine
½ cup cold water

Simmer the tomato for half an hour with the celery and onion cut in small pieces and the seasonings. Rub through a sieve and add the gelatine which has been softened in cold water. Add more water if necessary to make a quart of liquid. Turn into molds and chill. Serve alone with lettuce for a salad or make half the recipe and mold one and one-half to two cups vegetables, meat or fish in it. Serves 8.

FILLED TOMATOES WITH ASPARAGUS TIPS

4 tomatoes
1 small cucumber
2 tablespoons vinegar
½ teaspoon salt
¼ cup chopped celery
Asparagus tips
French dressing
Green pepper

Remove skins from firm tomatoes and scoop out the insides. Peel and dice the cucumber. Add the vinegar and salt and let stand one hour or more. Drain well, and use part of the vinegar liquid equally divided in each tomato shell. Mix the cucumber with the celery and fill tomatoes with the mixture. Place on

crisp lettuce. Put mounds of asparagus tips on the side of the plate and bind with a ring of green pepper. Cover all with French dressing. Serves 4.

FROZEN TOMATO SALAD

2 cups tomato (cooked or canned)
3 cloves
Small bay leaf
1 teaspoon salt
Dash pepper
1 tablespoon sugar
1 tablespoon vinegar
1 tablespoon gelatine
1 tablespoon cold water

Simmer tomato and seasonings for fifteen minutes. Strain, add vinegar and gelatine softened in cold water. Cool, turn into a small mold, pack in ice and salt and let stand for three or four hours. Slice and serve on lettuce with mayonnaise. Serves 6.

TOMATO-PINEAPPLE SALAD

Peel and slice three large tomatoes in inch slices, discarding the top and bottom slices which may be used for making sauces. Arrange on lettuce leaves or endive on six individual salad plates. Sprinkle with a little salt, paprika and sugar, spread with mayonnaise. Place on top of each tomato slice a ring of pineapple. Fill the centers of fruit with chopped pecans and mayonnaise, and sprinkle a few nut meats over the pineapple. Place on top another slice of tomato. Cover with mayonnaise to which has been added minced pimiento and parsley.

STUFFED TOMATOES IN ASPIC

1½ tablespoons gelatine
½ cup cold water
1½ cups boiling water
1½ tablespoons sugar
1 teaspoon salt
2 tablespoons vinegar
2 tablespoons lemon juice
½ teaspoon scraped onion
¼ teaspoon chili powder
6 small tomatoes, canned or fresh
1 three-ounce package cream cheese

Soften the gelatine in cold water and dissolve in boiling water. Add sugar, salt, vinegar, lemon juice, scraped onion, and chili powder. Peel the tomatoes, if fresh ones are used, and scoop out the center portion. Fill with balls of cream cheese and

arrange in a ring mold with the filled side down. Pour a little of the gelatine mixture around them and put in a cool place to harden. As soon as this is firm fill the mold with the rest of the mixture. Let stand until firm. Unmold, fill the center with heart leaves of lettuce. Garnish with watercress. Serve with mayonnaise. Serves 6.

VEGETABLE SALAD ITALIENNE

3 tablespoons finely cut onion
½ cup salad oil
Garlic (may be omitted)
1 pint green string beans (cooked)
1 cup pimiento stuffed olives (sliced)
3 stalks celery (diced)
½ teaspoon salt
½ teaspoon paprika
¼ teaspoon mustard
1 teaspoon tomato catsup
2 tablespoons vinegar

Marinate the onion in the oil. Rub the surface of a salad bowl with garlic. Mix beans, celery, and half the olives. Make dressing by combining salt, paprika, and mustard, rubbing to a paste with catsup, and adding the oil and vinegar as for French dressing. Add to the vegetables, mixing lightly with fork. Garnish with remaining olives. Serves 6.

VEGETABLE SALAD IN TOMATO RING

1 quart tomato aspic
2 cups shredded cabbage
1 cup diced celery
2 tablespoons chopped parsley
½ cup coarsely chopped ripe olives
French dressing
Mayonnaise

Make a well seasoned tomato aspic with gelatine and pour it into a ring mold. When firm unmold and fill the center with the cabbage, celery, olives and parsley, mixed together and marinated with a little French dressing. Garnish with lettuce and serve with mayonnaise. Serves 8.

WINTER VEGETABLE SALAD

1 cup coarsely chopped cabbage
1 cup diced celery
1 cup grated raw carrot
1 tablespoon scraped onion
Russian dressing

Mix the vegetables and combine with enough Russian dressing to moisten. Serve on lettuce or cabbage leaves. Serves 6.

FRUIT SALADS

Fruit salads can be the most attractive and refreshing of all salads and they can be the most disappointing. To be appealing to the eye and appetite they must be made from thoroughly chilled, well drained fruits, cut in even pieces.

Fresh, canned and dried fruits are all suitable for salads. A whole half fruit such as peach, pear and banana, a slice of pineapple, or several sections of orange or grapefruit, arranged on lettuce and served with dressing makes simple fruit salad that is attractive, and the opportunity for combination and elaboration is unlimited. Choose only a few varieties of fruit for one salad, keeping in mind harmony of color and flavor and contrast of textures. Fruits and vegetables can sometimes be combined in a salad with good results.

Fruits that discolor on exposure to air should be marinated or sprinkled with lemon juice as soon as peeled.

Never put a fruit salad together until just before serving it.

Dressings should be, as a rule, more delicate than for meat and vegetable salads. French dressing made with lemon juice instead of vinegar and not too highly seasoned, mayonnaise mixed with cream, plain or whipped, and special cooked dressings of fruit juices are particularly appropriate.

AVOCADO SALAD

Peel avocados, cut in halves and remove pits. Allow one half for each serving. Lay hollow side down on heart leaves of lettuce, and lay strips of pimiento over the fruit. Garnish with ripe olives, pitted and sliced. Pour a small amount of French dressing, made with lemon juice, over each salad just before serving.

APRICOT SALAD

For each serving use three thoroughly chilled canned apricot halves. Cut them in two lengthwise pieces and arrange on lettuce so that the six sections radiate from the center. Place a ball of well seasoned cream cheese in the center and sprinkle with chopped roasted almonds. Walnuts, pecans or other nuts may be used if preferred. Serve with French dressing made with lemon juice or with mayonnaise.

STUFFED BANANA SALAD

6 bananas
½ cup figs
½ cup stoned dates
¼ cup nut meats
Lemon juice
Mayonnaise
Powdered nuts

Peel the bananas and split lengthwise. Run the figs, dates, and nut meats through the food chopper and squeeze over the mixture enough lemon juice to make a paste. Fill the fruit sandwich-fashion with the paste. Dip in mayonnaise and then in powdered nuts, and serve on either lettuce or romaine.

CURRIED BANANA SALAD

⅛ cup almonds
½ pimiento
2 bananas
2 teaspoons minced Spanish onion
2 tablespoons cold boiled rice

Blanch and chop the almonds and shred the pimiento. Add minced onion, sliced banana and rice. The rice should be flaky. Toss the ingredients lightly and pour Curry Dressing over. Serves 4.

CANTALOUPE SALAD

1 large cantaloupe
1 sweet pepper
Mayonnaise
½ cup pecan meats

Cut the cantaloupe into six lengthwise sections. Remove pulp and cut in pieces. Mix with the pepper which has been cut fine. Replace on rind, put a spoonful of mayonnaise on top of each serving and sprinkle with the coarsely chopped nut meats. Serve ice cold. Serves 6.

FROZEN CHEESE WITH FRUIT

2 packages (6 oz.) cream cheese
1 cup cream
½ teaspoon salt
½ teaspoon celery salt
½ teaspoon paprika
1 teaspoon sugar
1 teaspoon lemon juice
Sliced peaches
Almonds

Mash the cheese and blend it smoothly with the cream which has been whipped until stiff. Add seasonings. Turn into a small cylindrical mold (a baking powder tin makes a good one), pack in equal parts ice and salt and let stand several hours. Unmold, slice, and arrange on lettuce. On each slice of cheese arrange peach slices, having them radiate from the center.

Garnish with roasted almonds. Pineapple or apricots are also good with the frozen cheese or a combination of fruits may be used. Serve with French dressing. Serves 8.

FRUITED CHEESE SALAD

6 dates, cut fine
3 figs, cut fine
½ cup chopped nut meats
1 cup cream cheese
1 teaspoon lemon juice
Cooked salad dressing

Mix ingredients, using sufficient dressing to moisten. Form into balls. Serve on lettuce. Serves 8.

CHEESE AND PINEAPPLE SALAD

1 tablespoon gelatine
½ cup cold water
½ cup grated pineapple
½ cup grated cheese
½ cup cream
½ cup stuffed olives
Salt and pepper

Soak the gelatine in the water. Heat the pineapple, add gelatine and cool. Then add the grated cheese, cream, olives, cut in two, and the seasonings. Mold. Serve on lettuce with mayonnaise or boiled dressing. Serves 6.

CHERRY SALAD

Remove pits from canned white cherries. Fill centers with cottage cheese and peanut butter mixed in equal proportions. Serve in hearts of lettuce with French dressing or mayonnaise.

MOLDED CHERRY SALAD

2 cups canned white cherries
Blanched almonds
2 tablespoons gelatine
½ cup cold water
1 pint boiling water
1 cup sugar
4 tablespoons lemon juice
Sliced pineapple
Cream cheese

Remove stones from cherries and replace each with one-half of a blanched almond. Soak gelatine in cold water, add boiling water and sugar. Cool and add lemon juice. When just barely set add cherries and mold in individual forms. Serve on rounds of pineapple topped with whipped cream or mayonnaise and garnish with cheese balls in form of cherries. Serves 8.

CRANBERRY SALAD

2 cups cranberries
½ cup water
¾ cup sugar
1 cup diced celery

Cook the cranberries and water together until the berries are soft and then rub through a sieve. Add sugar and cook until thick. Add celery and turn into individual molds. Serve on lettuce hearts or on a bed of celery leaves with a garnish of curled celery. Serves 6.

CRANBERRY APPLE SALAD

2 cups cranberries
1 cup water
1 cup sugar
1¼ tablespoons gelatine
¼ cup ground peanuts
½ cup chopped apple
½ cup diced celery

Cook cranberries in water until soft. Put through a sieve, add sugar and cook five minutes. Add gelatine (softened in a little cold water) and cool. When partially thickened add peanuts, apple and celery. Put into small molds and chill. When firm turn out on lettuce and serve with mayonnaise or boiled dressing. Serves 6.

FRUIT SALAD ASPIC

2 tablespoons gelatine
½ cup cold water
2 cups hot water
1¼ cups sugar
2 oranges
1 lemon
Grapefruit
Grapes
Peaches
Pears

Soften the gelatine in cold water and dissolve in hot water. In place of one cup of the water a cup of fruit juice may be used. Add the sugar and stir until dissolved. Add the juice of the oranges and lemon. When the mixture begins to stiffen add grapefruit sections, grapes with seeds removed, and halves of cooked or canned peaches and pears, and turn into a mold (preferably a ring mold). Or if preferred the clear aspic may be molded alone and the fruit piled in the center of the ring when the jelly is unmolded. Serve with French, mayonnaise, or fruit salad dressing. Serves 8.

DRIED FRUIT SALAD

For each serving use two prunes, two dates and two tablespoons raisins. Soak the prunes in cold water and cook until tender. Stone prunes and dates. Stuff prunes with cream cheese and dates with walnut meats. Chop raisins, make into balls and roll in cocoanut. Arrange the fruit on lettuce, serve with cream mayonnaise or French dressing.

FROZEN FRUIT SALAD

1 teaspoon gelatine
1 tablespoon cold water
1 cup mayonnaise
1 cup cream
2 teaspoons powdered sugar
2½ cups mixed fruits

Soften gelatine in cold water, dissolve over hot water and stir into mayonnaise. Fold in stiffly beaten cream, add sugar and fruits, cut in small pieces. Fresh or canned fruits may be used, such as peaches, pineapple, maraschino cherries, pears, oranges. Pour into a mold which had been rinsed with ice water, seal carefully and pack in equal parts ice and salt. Let stand four hours. Remove from mold, slice, and serve on lettuce. Serves 10.

GINGER ALE FRUIT SALAD

1 cup crushed pineapple
1½ tablespoons gelatine
¼ cup cold water
1 cup diced canned pears
2 tablespoons lemon juice
2 tablespoons sugar
1 cup ginger ale

Bring the pineapple to the boiling point and dissolve in it the gelatine, which has been softened in cold water. Add the pears, lemon juice and sugar. The juice of the pears and pineapple should be used as well as the solid part. Cool and add ginger ale. When the mixture begins to stiffen stir it to distribute the fruit evenly and turn into molds. Serve on lettuce with mayonnaise to which an equal amount of whipped cream has been added. If a stronger flavor of ginger is desired add a little of the syrup from preserved ginger. Serves 8.

SHOWER SALAD

1 package strawberry gelatine
1 pint boiling water
Dash of salt
1 cup canned pineapple
1 cup apple
3 maraschino cherries

Dissolve the gelatine in boiling water and add salt. Cool until slightly thickened. Stir in the pineapple which has been diced before measuring, and the apple, pared and diced, and the cherries finely chopped. Turn into a mold and chill until firm. Unmold on lettuce and garnish with mayonnaise and cherries, or serve with sweetened whipped cream as a dessert. Serves 6.

SUPREME FRUIT SALAD

Steam twelve large prunes until puffy, cool, remove stones, and cut the prunes into small pieces. Measure them and add equal portions of orange pulp and diced, canned pineapple. Chill well, then heap on crisp lettuce. Serve with Golden Dressing.

HOLLYWOOD SALAD

3 oranges
2 bananas
2 tablespoons lemon juice
½ cup finely ground nuts
6 maraschino cherries

Peel oranges, removing all white skin. Cut into one-fourth inch slices. Shred crisp lettuce, arrange on individual plates, and place two slices orange on lettuce. Cover with two lengthwise quarters of banana, dipped in lemon juice and rolled in finely ground nuts. Top with a slice of orange, garnish with a spoonful of cooked dressing or mayonnaise and a maraschino cherry. Serves 6.

ORANGE AND ONION SALAD

Slice a Spanish or Bermuda onion very thin. Cover with boiling water, drain and let stand in ice water until crisp. Peel four seedless oranges, cutting off the white membrane, and slice. Arrange on lettuce with the onion slices which have been separated into rings. Serve with French dressing. Serves 6.

ORANGE PRUNE SALAD

Soak large prunes over night in cold water, cook until tender but not too soft, and remove pits. Insert an orange section, free from membrane, or a cube of firm orange jelly in each prune. Chill thoroughly and arrange on lettuce, allowing three or four prunes to each serving. Garnish with cress and serve with whipped cream dressing.

ORIENTAL DELIGHT SALAD

½ pound dates
¼ cup walnut meats
Celery
Grated cheese

Stone dates and run them through the food chopper. Chop nuts and mix thoroughly with the dates. Stuff celery stalks with the mixture and sprinkle with grated cheese. Chill, slice, and serve on lettuce with mayonnaise. Serves 6.

STUFFED PEACH SALAD

For each serving arrange half a large canned peach on lettuce, cavity side up. In the hollow place a date which has been filled with cream cheese.

PEACH BASKET SALAD

Drain canned peaches from their syrup and arrange on lettuce, one for each serving. Fill cavities with a mixture of chopped apple, celery and nut meats, moistened with salad dressing. Cut thin strips of celery from the ends of the stalks and insert in the peaches in the form of handles. Garnish with a spoonful of salad dressing and a cherry.

JELLIED PEAR SALAD

1 4-ounce package cream cheese
4 stuffed olives
4 canned pear halves
Strips of pimiento
1 tablespoon gelatine
¼ cup cold water
1 cup boiling water
⅔ cup sugar
⅓ cup lemon juice

Mix the cream cheese with the chopped olives and fill the cavities of the pears. Garnish with strips of pimiento. Soften

the gelatine in the cold water, add the boiling water, sugar and lemon juice. Stir until sugar is dissolved. Let this cool, cover the bottom of individual molds with jelly, and let it set. Then place a stuffed pear in each mold and cover with the lemon jelly. Let stand until firm. Turn out on lettuce and serve with cream dressing. Serves 4.

PINEAPPLE SALAD, SANDWICH STYLE

6 slices pineapple
1 package (3 oz.) cream cheese
2 tablespoons chopped ginger

Cut the pineapple slices in halves crosswise, making two thin slices. Mash the cheese, using a little cream to soften it if necessary, and mix with the chopped ginger. Crystallized or preserved ginger may be used. Spread the cheese mixture between the pineapple slices sandwich fashion. Serve on lettuce with whipped cream dressing or mayonnaise. Garnish with thin strips of ginger. A filling of chopped raisins or other dried fruit may be used instead of the cheese. Serves 6.

PINEAPPLE SALAD PIQUANT

½ cup diluted vinegar
¾ cup sugar
1 tablespoon gelatine
2 tablespoons cold water
1 cup crushed pineapple
2 cups sweet mixed pickles
¼ pound almonds

Boil vinegar and sugar together until the syrup will spin a thread. Soften gelatine in cold water and dissolve in the syrup. Cool. Add pineapple, the pickles, which have been put through a food grinder, and almonds blanched and chopped. Turn into molds and set away to become firm. Serve on lettuce with mayonnaise. Serves 6.

WALDORF SALAD

1½ cups diced apple
1 cup diced celery
½ cup nut meats
Mayonnaise

Mix apple and celery and add the nut meats which have been broken in pieces. Moisten with mayonnaise thinned with a little cream. Serve on lettuce or on a bed of shredded cabbage. Serves 6.

MEAT, EGG AND FISH SALADS

These salads constitute the main course at luncheon or supper; they are too heavy to have a place in an already substantial menu.

Mayonnaise and boiled dressings blend best with meat, eggs, and fish. To add more flavor and moisture, meat and fish are often marinated in French dressing before being combined with the other ingredients.

Meat and fish salads are best if a crisp, raw vegetable, such as celery, cucumber, radishes or cabbage is included among the ingredients.

CHICKEN SALAD

4- or 5-pound chicken
3 stalks celery (diced)
Stuffed olives (sliced)
1 chopped green pepper
3 hard cooked eggs
½ onion (grated)
French dressing
¼ teaspoon paprika
1 cup whipped cream
Mayonnaise dressing

Joint the chicken and stew until tender with water, onion, and seasonings. Remove the meat from the bones in as large pieces as possible and cut into cubes. Add the celery, olives, green pepper, and hard cooked eggs. Grate in the onion if desired, and marinate all with French dressing. Add paprika and put away to chill. When ready to serve add more seasoning if necessary, mix the whipped cream with mayonnaise and fold into the salad. Canned mushrooms, drained, or seeded green grapes, may be added to the salad. Serves 8.

For a simpler chicken salad use only diced chicken and celery, half as much celery as chicken.

MOCK CHICKEN SALAD

Shank of veal
1 pound lean pork
Cabbage
Celery
4 hard cooked eggs

Boil the meat until tender and cut in dice. Add an equal amount of chopped cabbage and celery and the hard cooked eggs, chopped. Mix with the dressing (recipe given below) and serve on lettuce. Serves 12.

Dressing

1 tablespoon mustard
1 tablespoon salt
½ teaspoon pepper
1 tablespoon sugar
2 eggs
1 cup vinegar

Mix the dry ingredients and well beaten eggs to a smooth paste and add the vinegar slowly. Cook until thick and smooth. Thin with cream before using.

MOLDED CHICKEN SALAD

2½ cups cold cooked chicken, diced
¾ cup diced celery
¼ cup chopped green pepper
2 tablespoons gelatine
2 cups chicken stock
½ cup mayonnaise
½ cup cream

Mix chicken, celery, and pepper. Soften the gelatine in the cold stock and dissolve by bringing to the boiling point. Add to the first mixture and let stand until it begins to stiffen. Fold in the mayonnaise and the cream which has been whipped until stiff. Turn into a mold and let stand until firm. Unmold onto a bed of lettuce hearts. Serve with mayonnaise to which has been added an equal quantity of whipped cream. Serves 8.

SWEETBREAD AND CUCUMBER SALAD

Mix parboiled sweetbreads, cut in small cubes, with an equal quantity of cucumber cubes. Moisten with mayonnaise and serve on lettuce leaves in cucumber rings made by cutting large cucumbers into thick slices and removing the centers. Garnish with green pepper or pimiento.

EGG SALAD

Allow one to two eggs for each salad. Cook until hard, remove shells and chill. Cut in slices and arrange on lettuce. Put a spoonful of mayonnaise in the center of each serving and garnish with pimiento, green pepper rings, chopped celery or radish slices.

EGG AND LOBSTER SALAD

1 dozen hard cooked eggs
Lettuce or endive
½ cup lobster meat
6 stalks crisp white celery
3 small cucumber pickles
Mayonnaise
12 cream cheese balls

After removing the shells from the hard cooked eggs, cut into halves lengthwise, and remove the yolks. Arrange lettuce

leaves or endive on salad plates and place two egg halves on each plate with the cavity side up. Combine the lobster meat, minced celery and pickles with enough stiff mayonnaise to make of the desired consistency, and fill the egg whites with the mixture. Blend some mayonnaise with the egg yolks, season with a little salt and paprika, and mold into twelve small balls. Place one of these and a cream cheese ball upon each plate beside the egg cup. Serves 12.

STUFFED EGG SALAD

Prepare Deviled Eggs according to the recipe on page 56. Arrange on lettuce, two or three halves to each serving, and serve with mayonnaise.

FISH SALAD

2 cups flaked cooked fish
1 cup diced celery or cucumber
1 tablespoon lemon juice
1 tablespoon salad oil
Mayonnaise

Haddock, cod, halibut or salmon are particularly good in this salad. Mix lemon juice and oil, pour over the fish and let stand for at least half an hour. Add celery or cucumber, and mayonnaise to moisten. Serve on lettuce. This recipe may also be used for lobster, crab meat and shrimp salads.

CRAB MOUSSE

1 tablespoon butter or margarine
2 tablespoons flour
1½ cups milk
1 pound crab meat
2 teaspoons gelatine
1 tablespoon cold water
1 cup diced celery
4 tablespoons minced watercress
½ cup mayonnaise
½ cup cream

Make a white sauce of the butter, flour and milk. Add flaked crab meat and cook for five minutes. Add gelatine softened in cold water. Cool, add celery and cress, fold in mayonnaise and cream, whipped until stiff. Mold and chill. Serve on lettuce with mayonnaise to which an equal quantity of whipped cream has been added. Serves 8.

CRAB MEAT AND GRAPEFRUIT SALAD

For each serving arrange four or five unbroken sections of grapefruit on a lettuce leaf and press crab meat between. Serve with French dressing.

FRIDAY SALAD

2 No. ¼ tins sardines
½ cup chopped celery
1 tomato, chopped
⅓ cup mayonnaise

Cut sardines in quarters and mix with the celery, tomato and mayonnaise. Serve on lettuce garnished with sliced tomato and parsley. Serves 4.

LOBSTER SALAD

Remove the meat from a two-pound lobster and cut in pieces, not too small. Sprinkle with vinegar, arrange on lettuce and mask with mayonnaise. Garnish with the lobster coral and with hard cooked eggs and capers if desired.

MOCK LOBSTER SALAD

2 pounds cold boiled halibut
½ cup finely chopped pimiento
Mayonnaise

Flake the fish and mix with the chopped pepper. Moisten with mayonnaise. Serve on lettuce. Serves 10.

MOLDED SALMON SALAD

1 cup canned salmon
½ teaspoon salt
1 tablespoon sugar
½ teaspoon flour
1 teaspoon dry mustard
Few grains cayenne
2 egg yolks
1½ tablespoons butter
¾ cup milk
¼ cup vinegar
¾ tablespoon granulated gelatine
2 tablespoons cold water

Rinse salmon with cold water and separate in flakes. Mix all remaining ingredients except gelatine and cook over hot water until slightly thickened. Add gelatine which has been softened in cold water. Stir in salmon. Chill in individual molds. Serve on lettuce with Cucumber Sauce (page 140).

SALMON AND CARROT SALAD

To one part salmon, cooked and flaked, add one part raw carrots that have been put through food chopper (medium cutter) and marinated in a small amount of French dressing. Combine and serve on lettuce with mayonnaise.

SHRIMP SALAD

Remove intestinal vein from cooked shrimps, either fresh or canned. Marinate in French dressing. Arrange on lettuce and serve with mayonnaise.

SHRIMP AND PINEAPPLE SALAD

2 cups sliced pineapple
2 cups shrimp
Mayonnaise

Cut pineapples into medium sized pieces and cut shrimps into quarters. Mix well with mayonnaise and serve on lettuce leaves, topped with mayonnaise and paprika. Apple and orange, diced, are also good in combination with shrimp. Serves 6.

TUNA FISH AND APPLE SALAD

1 pound can tuna fish
Lemon juice
1 quart apples
Mayonnaise

Marinate the tuna fish with the lemon juice. Pare and core the apples and cut into small pieces. Mix well together, add mayonnaise, season and serve on lettuce or cabbage leaf. Serves 8.

DANISH FISH SALAD

½ pound can tuna fish
1 cup canned peas
1 cup cold boiled spaghetti
2 tablespoons vinegar
½ sliced red pepper

Flake the fish and lightly mix in the peas and spaghetti. Add vinegar and pepper. Arrange on lettuce and serve with mayonnaise. Serves 6.

SALAD DRESSINGS

There are three foundation salad dressings — French dressing and mayonnaise, which are uncooked oil dressings, and cooked dressing which may or may not contain oil.

French dressing is a simple mixture of oil, acid and seasonings thoroughly blended by beating or shaking.

Mayonnaise contains the same ingredients as French dressing with egg in addition to give it body and make a more permanent emulsion.

Cooked dressing, often called "boiled," is in the nature of a soft custard. It consists of a liquid thickened with egg or starch, and highly seasoned. Like custard it should be cooked at a temperature under the boiling point to prevent curdling.

Any of the cooking oils may be used in salad dressings. Olive oil has a distinct flavor which is particularly liked by some people but is distasteful to others. Corn and cotton seed oils are practically tasteless and are less expensive.

FRENCH DRESSING

1 teaspoon salt
¼ teaspoon pepper
½ teaspoon sugar
2 to 3 tablespoons vinegar or lemon juice
½ cup salad oil

Mix seasonings, add vinegar or lemon juice and oil. Beat, or shake in a jar or bottle, until thick and smooth.

The seasonings in this dressing may be varied to suit the taste. The addition of such ingredients as mustard, chili powder, celery salt, onion salt, garlic (rubbed on the bowl), onion juice, chili sauce, Worcestershire sauce is often desirable. Chopped olives, pickles, capers, chutney, pimiento, green pepper, chives, parsley may also be added to French dressing.

Curry Dressing — Add to French dressing one-half teaspoon curry powder and one-fourth teaspoon Worcestershire sauce.

Paprika French Dressing — Add to French dressing one teaspoon paprika.

Roquefort Cheese Dressing — Add French dressing gradually to one-fourth cup crumbled Roquefort cheese, blending until smooth.

CREOLE DRESSING

¾ cup salad oil
6 tablespoons vinegar
1 teaspoon sugar
1½ teaspoons salt
3 tablespoons minced parsley
1 tablespoon minced red pepper
1 tablespoon minced green pepper
1 tablespoon minced onion

Beat together first four ingredients until thick and smooth. Add remaining ingredients. If not used at once, put in a cold place, and stir well before serving.

MAYONNAISE

1 teaspoon salt
2 teaspoons sugar
⅛ teaspoon pepper
2 egg yolks or 1 whole egg
1½ cups salad oil
2 tablespoons vinegar

Mix dry ingredients, add egg and beat slightly. Add oil a few drops at a time and beat vigorously after each addition until the mixture is thoroughly blended. As the dressing begins to thicken the oil may be added more rapidly. When it becomes quite stiff thin with a little of the vinegar or lemon juice; then continue adding oil and acid alternately until all have been used. Egg yolks make a stiffer dressing than the whole egg.

The addition of one teaspoon of paprika gives an attractive color to the dressing.

One-half to one teaspoon mustard may be added to the dry ingredients if a more highly seasoned dressing is desired, or a few grains of cayenne may be used.

If mayonnaise should curdle instead of blending into a smooth thick dressing, place in a small bowl a half teaspoonful of egg white, cold water or evaporated milk. To this add the curdled mixture, a drop at a time, beating with a fork until smooth. This usually proves to be a successful remedy. If it fails start

over again with a fresh egg yolk and oil and when mixture is thick add the curdled dressing a little at a time.

EVAPORATED MILK MAYONNAISE

½ teaspoon mustard
1 teaspoon salt
1 teaspoon powdered sugar
Few grains cayenne
¼ teaspoon paprika
6 tablespoons evaporated milk
1 cup salad oil
2 tablespoons vinegar
2 tablespoons lemon juice

Mix dry ingredients, add milk and mix thoroughly. Add oil drop by drop, beating constantly. As the mixture thickens the oil may be added more rapidly. Add vinegar and lemon juice.

MOCK MAYONNAISE

2 egg yolks
1 teaspoon salt
1 teaspoon mustard
½ teaspoon paprika
2 tablespoons vinegar
1 cup salad oil
1 tablespoon butter
2 tablespoons flour
1 cup cold water

Put the first six ingredients into a bowl. Melt butter, add flour and gradually pour on the cold water. Cook until thickened, stirring constantly. Pour immediately into the first mixture and beat with a rotary egg beater until smooth and thick.

RUSSIAN DRESSING

1 cup mayonnaise
½ cup chili sauce
1 tablespoon lemon juice
½ teaspoon Worcestershire sauce

To the mayonnaise add the other ingredients and mix thoroughly.

THOUSAND ISLAND DRESSING

2 tablespoons chopped pimiento
1 tablespoon chopped pickle
1 tablespoon chopped parsley
1 tablespoon capers
1 teaspoon scraped onion
2 tablespoons chili sauce
½ teaspoon Worcestershire sauce
1 cup mayonnaise

Mix the first seven ingredients and add to the mayonnaise.

COOKED DRESSING, No. 1

2 tablespoons butter or margarine
2 tablespoons flour
2 tablespoons sugar
1 teaspoon salt
1 teaspoon mustard
Few grains cayenne
1 cup milk
⅓ cup vinegar
2 egg yolks

Melt butter, add flour mixed with other dry ingredients and blend thoroughly. Add milk slowly and cook in a double boiler until thick, stirring constantly. Add hot vinegar. Pour on to slightly beaten egg yolks and cook three minutes longer.

COOKED DRESSING, No. 2

2 tablespoons butter or margarine
1½ tablespoons flour
1 cup milk
3 egg yolks
1 teaspoon mustard
2 tablespoons sugar
1 tablespoon salt
¼ teaspoon paprika
1 cup vinegar

Melt butter and add flour. Add milk gradually and cook until thickened, stirring constantly. Mix egg yolks and seasonings, add hot vinegar and cook, with constant stirring, until thick. Combine mixtures When cold, thin with cream as needed. The foundation will keep for several weeks in a cold place.

CONDENSED MILK SALAD DRESSING

1 cup condensed milk
2 eggs well beaten
2 teaspoons salt
1 teaspoon mustard
1 cup vinegar

Cook milk, eggs, salt, and mustard in double boiler, stirring constantly until thickened, add vinegar and cool.

CREAM DRESSING

1 teaspoon mustard
1 teaspoon salt
2 teaspoons flour
1½ teaspoons confectioners' sugar
Speck cayenne
1 teaspoon butter or margarine
1 egg yolk
⅓ cup vinegar
½ cup heavy cream

Mix dry ingredients. Add butter, egg yolk, and vinegar. Cook in double boiler until thick, stirring constantly. Cool and add cream which has been stiffly beaten.

FRUIT SALAD DRESSING

½ cup juice from canned pineapple
¼ cup orange juice
¼ cup lemon juice
1 tablespoon sugar
2 teaspoons cornstarch
¼ teaspoon salt
1 egg yolk
1 teaspoon butter
Whipped cream

Heat fruit juices. Add sugar, cornstarch and salt mixed together and cook in a double boiler for fifteen minutes. Add egg yolk and cook until thickened. Add butter and beat well. When cold mix with an equal quantity of whipped cream.

GOLDEN DRESSING

¼ cup orange juice
¼ cup pineapple juice
¼ cup lemon juice
2 eggs
½ cup sugar
½ cup cream

Heat in the top of a double boiler the orange, pineapple, and lemon juice. Beat eggs with sugar until light and turn this mixture into the hot fruit juices. Cook until it will coat a spoon like boiled custard. Then stand the top of the double boiler in a pan of cold water and beat its contents until smooth. Cool and then fold in the cream which has been whipped. Chill before using.

MARSHMALLOW DRESSING FOR FRUIT SALAD

2 tablespoons marshmallow cream
1 tablespoon water
1 cup salad oil
3 tablespoons lemon juice
½ teaspoon salt

Blend the marshmallow cream and water until smooth. Add oil gradually as for mayonnaise dressing, alternating with lemon juice. Add salt.

PINEAPPLE JUICE DRESSING

2 eggs
½ cup sugar
½ cup lemon juice
½ cup pineapple juice
1 cup heavy cream

Beat the eggs slightly with the sugar and fruit juices, cook in a double boiler, stirring until thick. Chill and mix with the whipped cream.

LUNCHEON AND SUPPER DISHES

In addition to meats, fish, eggs, salads and soups, all of which are suitable for the main course at luncheon or supper, there are a great number of widely different "made dishes" that have a place on menus for these meals. They may be classified in a general way according to the foundation ingredient, which may be cereal, cheese, fish, meat or vegetable.

CEREAL COMBINATIONS

Macaroni in its various forms is perhaps the cereal most extensively used in luncheon and supper dishes. Rice is also important, and tapioca, hominy and other cereals are used to some extent.

HOMINY AND HAM IN SOUTHERN STYLE

2 tablespoons cooking fat
2 tablespoons chopped onion
2 sweet red peppers
2 tablespoons chopped parsley
1½ cups cooked hominy
1 cup chopped cooked ham

Heat fat in frying pan. Add onion, chopped peppers, and parsley. Cook until brown. Add cooked hominy. Season with salt and pepper to taste. Add cooked ham. Pile upon platter and garnish with strips of sweet pepper and parsley. Serves 6.

MACARONI CROQUETTES

½ cup flour
⅓ cup butter or margarine
⅔ cup milk
Salt, pepper
Minced parsley
Chopped green pepper
1 quart macaroni (cooked)

Make a cream sauce of the flour, butter, milk, and seasonings. Add to this the macaroni coarsely chopped. When cold shape into croquettes, dip in crumbs, egg, and crumbs again, and fry

in deep fat. Serve with cheese sauce which is made by adding grated cheese to cream sauce.
Time in cooking, 3 minutes each. Temperature, 370°. Serves 6.

MACARONI CUSTARD

1 cup uncooked macaroni
1 medium sized onion
1 green pepper
¼ cup butter or margarine
1½ cups scalded milk
1 cup soft bread crumbs
3 eggs
1 teaspoon salt

Cook the macaroni in boiling salted water until tender. Cook chopped onion and pepper in butter until soft. Pour hot milk on the bread crumbs and add onion mixture. Add well beaten eggs and salt. Pour over the macaroni and bake in a greased baking dish, set in a pan of hot water, until firm, having the oven moderate.
Time in cooking, 45 minutes. Temperature, 325°. Serves 6.

ITALIAN MACARONI

1 pound beef, diced
6 large red onions
1 clove garlic
1 No. 3 can tomatoes
1 can mushrooms
2 cups water
1 pound macaroni
1 pound grated cheese

Brown meat in bacon fat, add onions and garlic, sliced and cooked until browned. Add tomatoes, mushrooms and water. Simmer six hours, adding more water if necessary. The sauce should be smooth and thick when done. Boil macaroni in salted water until tender. Put alternate layers of macaroni, sauce, and cheese in baking dish. Bake one hour in slow oven.
Time in cooking, 7 hours. Serves 16.

MACARONI STUFFED PEPPERS

2 cups cooked macaroni
1 cup canned tomato soup
¾ cup grated cheese
1 egg
6 green peppers
Buttered crumbs

Break the macaroni in small pieces and add to it the soup, undiluted, cheese and egg slightly beaten. Cut a slice from the stem end of each pepper and remove seeds. Parboil for five minutes in salted water. Drain, fill with the macaroni mixture

and cover with buttered crumbs. Bake in a moderately hot oven until the peppers are tender.
Time in baking, 30 minutes. Temperature, 375°. Serves 6.

MACARONI CHEESE TIMBALES

1 cup grated cheese
1½ cups milk
½ teaspoon Worcestershire sauce
2 eggs
Salt
1½ cups cooked macaroni

Blend well the grated cheese, milk, well beaten eggs and seasonings. Divide the macaroni equally among six custard cups and fill cups with the cheese mixture. Set in a pan of hot water and bake in a moderate oven until firm.
Time in baking, 40 minutes. Temperature, 350°. Serves 6.

NOODLE RING

1 package (6 ounces) noodles
1½ tablespoons flour
1½ cups milk
2 eggs
1½ teaspoons salt
¼ teaspoon celery salt
½ teaspoon prepared mustard

Cook the noodles in boiling salted water until tender and then drain. Mix the flour to a smooth paste with a little of the milk. Add the rest of the milk and cook until thickened, stirring constantly. Add beaten eggs and seasonings. Combine with the noodles and turn into a greased ring mold. Set the mold in a pan of hot water and bake in a moderate oven. Turn out on to a serving dish and fill the center with creamed fish or meats.
Time in baking, 40 minutes. Temperature, 350°. Serves 10.

RICE CROQUETTES

½ cup rice
1 cup water
1 cup milk
½ teaspoon salt
1 tablespoon butter
1 tablespoon minced pimiento
Egg, crumbs

Add rice to water and milk which have been heated in the top part of a double boiler. Add salt and cook until rice is tender and liquid absorbed. Add butter and pimiento and spread on

a plate to cool. Shape into croquettes, roll in crumbs, dip in beaten egg and roll in crumbs again. Fry in deep fat until delicately browned. Serve with White, Egg, Cheese, or Tomato Sauce.

Time in frying, 3 minutes. Temperature, 370°. Serves 6.

MEXICAN RICE

½ cup brown rice
2 tablespoons butter or margarine
½ cup strained tomato
2 tablespoons chopped onion
2 cups soup stock
1 cup cold chicken or veal (diced)
Salt, pepper

Cook rice in butter for two minutes. Add tomato and onion and cook two minutes longer. Add stock, meat, and salt and pepper to taste. Cover closely and let simmer until rice is tender and liquid has been absorbed.

Time in cooking, 1 hour and 10 minutes. Serves 6.

SURPRISE RICE

1 sweet pepper
1 small onion
3 cups boiled rice
1 pound tiny sausages
1 cup milk
Butter or margarine

Remove seeds from the pepper, chop and parboil. Add pepper and onion, chopped fine, to the rice. Mix thoroughly and put a layer in a buttered baking dish. Add a layer of the sausages which have been partially cooked, and cover with rice. Pour milk over it all and dot with butter. Cover and bake for one-half hour. Remove the cover and bake for another half hour.

Time in baking, 1 hour. Temperature, 350°. Serves 6.

TAPIOCA TOAST

3 cups milk
2 tablespoons quick cooking tapioca
1 cup grated cheese
1 egg
Salt, pepper
¼ teaspoon paprika
6 slices crisp toast, buttered

Heat one cupful of milk, add tapioca and cook ten minutes. Heat remaining two cups of milk, add cheese, and cook until cheese is melted. Combine mixtures and add beaten egg and seasonings, stirring constantly. Serve hot on toast. Serves 6.

DEVILED SPAGHETTI

3 tablespoons butter or margarine
1 tablespoon chopped onion
1 tablespoon chopped green pepper
3 tablespoons flour
2 cups milk
1 can (2¾ ounces) deviled ham
¼ teaspoon Worcestershire sauce
1 quart cooked spaghetti
¾ cup grated cheese

Melt the butter, add onion and green pepper and cook for a few minutes. Add flour and blend thoroughly. Add the milk slowly and cook until thickened, stirring constantly. Add the deviled ham, Worcestershire sauce, and salt if necessary. Put the spaghetti in a baking dish, pour the sauce over it, and sprinkle with grated cheese. Bake in a moderately hot oven until the cheese has melted.

Time in baking, 20 minutes. Temperature, 375°. Serves 6.

ITALIAN SPAGHETTI

1 package (½ pound) spaghetti
¾ pound American cheese
2 cloves garlic
1 large green pepper
5 tablespoons canned tomatoes
5 tablespoons olive oil
1 tablespoon chicken fat or butter
1 small bottle catsup
Salt, pepper, paprika
Large, whole mushrooms

Cook the spaghetti in boiling salted water until tender. Drain and let cold water run through it. Add the cheese grated, the garlic and peppers, chopped very fine. Add the other ingredients and mix well together. Heat thoroughly. Serve piled lightly on a serving platter and surround with large whole mushrooms sautéed in butter. Chicken livers, sautéed in butter, may also be added. Serves 8.

SPAGHETTI WITH CHICKEN LIVERS

½ pound spaghetti
2 tablespoons cooking fat or oil
1 medium sized onion
1 cup canned tomato soup
¼ pound American cheese
Salt, paprika
½ pound fresh mushrooms
Chicken livers

Cook the spaghetti in boiling salted water until tender. Drain and rinse in cold water. Heat the fat and brown the finely cut onion in it. Add the spaghetti and cook gently. Add the

tomato soup and grated cheese, and salt and paprika to taste. Cook slowly until well blended. Serve in a casserole or on a platter with whole mushrooms (sautéed) around, and the chicken livers, browned in butter, over the top. Serves 8.

MEAT COMBINATIONS

CHICKEN AND CORN CROQUETTES

1 cup chopped cooked chicken
1 cup canned corn
½ cup bread crumbs
Salt, paprika
Egg, crumbs

Combine chicken, corn and stale bread crumbs. If not moist enough to form into croquettes add a little cream or white sauce. Season to taste with salt and paprika. A little grated cheese may be added for extra flavor if desired. Shape, roll in fine crumbs, dip in slightly beaten egg and roll in crumbs again. Fry in deep fat.

Time in frying, 3 minutes. Temperature, 360°. Serves 6.

ITALIAN DELIGHT

4 tablespoons cooking oil
1 small green pepper
1 small onion
½ cup canned corn
1 cup canned tomato soup
¼ cup grated cheese
¼ pound Hamburg steak (raw)
¼ pound spaghetti (cooked)
Salt

Chop the pepper and the onion, mix all the ingredients and bake in a casserole in a moderate oven.

Time in baking, 1 hour. Temperature, 350°. Serves 6.

JELLIED MEAT LOAF

4 cups cooked meat
4 hard cooked eggs, chopped
1 cup chopped pickles or olives
½ cup chopped celery
1 pint meat broth
Salt, pepper
2 tablespoons gelatine
½ cup cold water

Mince the meat and mix with the eggs, pickles or olives, celery, broth, and seasoning. Soak the gelatine in the water, dissolve

by placing over hot water, and add to the mixture. Turn into a mold. Chill until firm and serve garnished with parsley and sliced egg. Serves 8.

HAM MOUSSE

1 tablespoon gelatine
¼ cup cold water
½ cup boiling water
3 cups chopped boiled ham
1 teaspoon prepared mustard
1 tablespoon minced parsley
1 teaspoon lemon juice
½ cup cream

Soften the gelatine in cold water and dissolve in boiling water. Add ham and seasonings. Let stand until cool and then fold in the cream which has been whipped until stiff. Turn into a mold and let stand until firm. Serve garnished with lettuce, parsley, or watercress. Serves 6.

DEVILED HAM MOUSSE

2 cups chopped boiled ham
1 can (2¾ ounces) deviled ham
1 tablespoon gelatine
¼ cup cold water
1 cup meat stock
½ cup cream

Put the ham through a food chopper, using a fine knife. Mix with the deviled ham. Soften the gelatine in cold water and dissolve in hot stock. Add to the ham and let the mixture stand until it begins to thicken. Fold in the cream, whipped, then turn into a mold and chill. Serves 6.

HAM HOLLANDAISE

1½ tablespoons butter or margarine
1 teaspoon finely chopped onion
2 tablespoons cornstarch
1 cup soup stock
1 teaspoon lemon juice
⅓ cup finely chopped celery
¼ teaspoon salt
Few grains paprika
1½ cups cold, cooked ham, diced
1 egg yolk

Cook the butter and onion five minutes, add the cornstarch, and blend smoothly. Add the stock gradually, stir until boiling and cook three minutes. Add the lemon juice, celery, salt, paprika, and ham, and when well heated, the egg yolk slightly beaten. Cook one minute and serve with triangles of fried mush. Serves 4.

JELLIED HAM IN INDIVIDUAL MOLDS

2 cups ground, cooked ham
¼ cup mayonnaise dressing
1 tablespoon finely minced pickle
2 cups well seasoned stock, preferably chicken
1 tablespoon gelatine
2 tablespoons cold water
1 cup fine strips of ham
Olives, hard cooked egg, and pimiento for garnish

Pound the ham to a paste or pass it through a meat grinder several times. Work into this the salad dressing. Add pickle and keep chilled. At the same time heat the stock and in it dissolve the gelatine, which has been soaked in the cold water. Cool, and just before it starts to stiffen combine with the ham mixture. Chill the individual molds by setting in ice water. Dip small pieces of olive, egg, and pimiento into the gelatine liquid and with a fork arrange them in a symmetrical pattern to line the mold. Let stand until firmly in place. Pour in the jelly mixture and chill for two or three hours. Unmold and serve on a bed of lettuce garnished with mayonnaise and the fine strips of ham. Serves 6.

HAM NOODLES

1 package (6 ounces) wide egg noodles
2 cups chopped cooked ham
3 eggs
1½ cups milk
Butter or margarine

Boil and drain noodles, add ham, eggs well beaten, and milk. Mix all together thoroughly, turn into buttered baking dish, dot top with pieces of butter and bake in moderate oven. Serve with tomato sauce.

Time in baking, 1 hour. Temperature, 350°. Serves 8.

SAVORY HAM WITH RICE

1½ pounds raw ham
1 small onion, sliced
2 cups cooked rice
½ cup canned tomato soup
½ cup water

Dice ham and cook in frying pan until slightly brown. Add onion and rice and cook until brown and quite dry. Add tomato soup and simmer ten minutes. Onion may be omitted if desired. Serves 6.

CHICKEN Á LA KING

4- or 5-pound chicken
½ cup butter or margarine
4 tablespoons flour
2 cups chicken broth or milk
1 cup cream
1 pimiento
1 green pepper
2 egg yolks
Salt, pepper

Disjoint chicken, season, cover with boiling water and simmer until tender. Remove meat from bones and cut into cubes. Heat the butter, add the flour and stir until blended. Add stock or milk and the cream and cook until thickened, stirring constantly. Add the chicken, and pimiento and green pepper cut in fine strips. Just before serving, add the yolks of eggs mixed with some of the liquid, and season to taste with salt and pepper. Fresh or canned mushrooms sautéed, may be added. Serves 8.

CHOP SUEY

1½ pounds lean pork
1 bunch celery
3 large onions
2 bouillon cubes
1½ cups warm water
2 tablespoons soy sauce
1 tablespoon molasses
2 tablespoons cornstarch
Salt, pepper

Cut meat, celery, and onions in small pieces. Cook meat slowly in a little fat for five minutes, then add celery. Cover pan and cook five minutes. Next add onions and cook another five minutes, keeping lid on pan. Dissolve bouillon cubes in warm water, add soy sauce, molasses, and cornstarch that has been mixed with a little cold water. Mix all well and pour over mixture in frying pan. Add salt and pepper. Let simmer until meat is tender. Serve with rice or fried noodles.

Time in cooking, 1½ hours. Serves 6.

CHINESE CHOP SUEY

2 cups diced raw chicken
2 cups diced fresh pork
1 large onion
1 cup celery
1 cup mushrooms
2 cups bamboo sprouts
1 cup water chestnuts (Chinese potatoes)
3 cups water
3 tablespoons soy sauce

Cook chicken and pork in frying pan until slightly browned. Add vegetables, cut in thin lengthwise slices, water, and soy sauce. Cook until tender. Serve with rice and soy sauce.

Time in cooking, 2 hours. Serves 8.

CREAMED DRIED BEEF

½ pound dried beef
2 cups medium white sauce

Tear the dried beef into small pieces, cover with boiling water and let stand ten minutes. Drain and add to the hot white sauce. The beef may be sautéed in a little fat until slightly crisped and browned just before it is added to the sauce. It is not always necessary to freshen dried beef. Serve on buttered toast. Serves 6.

DRIED BEEF RAREBIT

2 tablespoons cooking fat
½ cup chipped dried beef
¼ cup chopped cheese
¾ cup canned or cooked tomatoes
4 eggs

Heat fat and cook dried beef in it for a few minutes. Add tomato and when hot, add cheese. Stir until cheese is melted. Break eggs into the mixture and stir until thickened. Serve on buttered toast. Serves 4.

FRANKFURTER ROLLS

4 cups flour
1 teaspoon salt
5 teaspoons baking powder
4 tablespoons shortening
About 2 cups milk
1 pound small smoked frankfurters

Sift flour, salt, and baking powder. Work in shortening. Add milk to make a soft dough. Roll one-fourth inch thick. Cut in small squares. Lay one frankfurter on each square. Roll up and fasten securely by pinching dough together. Place in a pan. Bake in a hot oven until brown. These are still more appetizing if each frankfurter is brushed with prepared mustard. Time in baking, 30 minutes. Temperature, 400°. 12 rolls.

SAUSAGE AND CABBAGE, SAUTÉ

6 sausages
3 cups minced cabbage
Salt, pepper

Sauté the sausages until brown and crisp. Take from the frying pan and pour off all but three tablespoons of the fat. Place the minced cabbage in the pan, cover, and allow to cook until tender. Add pepper and salt if necessary. Serve on a platter surrounded by the sausages and mashed potato.

Time in cooking, 20 minutes. Serves 6.

SAUSAGE CORN PUDDING

1 pound sausages
2 cups canned corn
2 eggs
½ teaspoon salt
¼ teaspoon pepper

Prick sausages and boil in water five minutes to remove excess fat. To the corn add the eggs, salt and pepper. Place in greased baking dish. Cover top with sausages. Bake in a moderate oven.

Time in baking, 20 minutes. Temperature, 350°. Serves 6.

FISH COMBINATIONS

FISH BALLS

1 pound salt codfish
3 cups mashed potato
1 tablespoon butter or margarine
1 egg
About ¼ cup milk
Salt, pepper

Cover the codfish with cold water and bring slowly to the simmering point. Drain, separate into flakes and again cover with cold water and bring to the simmering point. Drain and shred very fine. Add to the mashed potato and mix thoroughly. Add the egg, well beaten, melted butter, and enough milk to make the mixture as soft as can be handled. Season with salt and pepper. Shape in balls, chill, roll in flour and fry in deep fat. The mixture may be dropped into the fat by spoonfuls or it may be made into flat cakes and sautéed on both sides in a small amount of fat.

Time in frying, 3 minutes. Temperature, 380°. Serves 6.

CLAM PATTIES

2 cups fresh clams
1 cup bread crumbs
1 teaspoon salt
¼ teaspoon pepper
2 eggs
3 tablespoons cream
2 tablespoons flour

Mince clams and add crumbs and seasonings. Break in eggs and stir thoroughly. Add cream and flour. Heat bacon drippings in frying pan and drop in mixture by spoonfuls, shaping with the spoon. Cook until golden brown on both sides. Serves 6.

MACARONI AND CLAMS AU GRATIN

1 No. 1 can minced clams
¾ cup milk
2 tablespoons butter or margarine
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
5 cups cooked macaroni
Buttered crumbs

Drain the liquor from the clams. Make a sauce of the liquor, milk, butter, flour and seasonings. Combine the clams, macaroni and sauce. Turn into a greased baking dish, cover with crumbs and bake in a moderate oven. Garnish with parsley and a dash of paprika.

Time in baking, ½ hour. Temperature, 350°. Serves 6.

LOBSTER CUTLETS

1 cup cooked lobster
⅔ teaspoon salt
¼ teaspoon paprika
1 tablespoon lemon juice
Slight grating of lemon rind
2 tablespoons butter or margarine
2 tablespoons flour
⅔ cup milk
Egg, crumbs

Chop the lobster meat fine and add to it the salt, paprika, lemon juice, and rind. Blend together the butter and flour and when smoothly mixed add the milk, a little at a time. Stir until boiling, cook for three minutes, and then add the seasoned lobster meat. Cool and shape into six cutlets — pointed at one end and broader at the other like a flattened pear. After all are shaped, coat with egg and bread crumbs and fry in deep fat. Drain thoroughly and insert in the pointed end of each

cutlet an inch piece of the lobster feeler to simulate a bone. Garnish with parsley and cut lemon.

Time in cooking, 6 minutes. Temperature, 375°. Serves 4.

DEVILED LOBSTER

⅛ cup butter or margarine
1 teaspoon dry mustard
1 tablespoon lemon juice
2 cups firm lobster meat
½ teaspoon salt
1 tablespoon Worcestershire sauce

Cream together the butter, mustard, lemon juice, salt and Worcestershire sauce so as to blend them thoroughly. Then turn the mixture into the upper part of a double boiler or chafing dish, melt over hot water, add the lobster which has been cut into large dice, and cook for six minutes. Serve on toast garnishing with parsley and halved lemon. Serves 6.

LOBSTER NEWBURG

1 tablespoon butter or margarine
2 cups firm lobster meat
1 cup light cream
2 eggs
¼ teaspoon salt
⅛ teaspoon cayenne
1 tablespoon lemon juice
2 tablespoons sherry flavoring

Melt the butter in the upper part of a double boiler or chafing dish, place this directly over the fire, add the lobster which has been cut into medium sized pieces and toss it about in the pan until the butter is absorbed. Now add the cream, place over hot water, and when thoroughly heated stir in the beaten eggs, and cook until the mixture thickens like custard, but do not allow it to boil. Add the seasonings and last of all stir in the sherry flavoring. Blend thoroughly and serve with or on crackers or strips of toast. Serves 6.

CELERY AND OYSTER SCALLOP

1 pint celery
1 pint oysters
Crumbs
Salt, pepper, mace
Butter or margarine
½ cup hot milk or cream

Cut white, tender celery in half-inch pieces and cook until tender. Butter a baking dish, cover the bottom with crumbs,

add a layer of celery and then one of oysters, sprinkle the latter with salt, pepper, and a dash of mace, and dot liberally with butter. Repeat until the dish is full, having the crumbs and butter as a top layer. Dip tiny oyster crackers in milk, let them swell a minute, and with them make a wreath around the edge and a smaller one in the middle. Add hot milk or cream. Bake in a hot oven until a golden brown.

Time in baking, 30 minutes. Temperature, 400°. Serves 8.

OYSTERS IN SAUCE MARYLAND

1 pint oysters
¼ cup butter or margarine
¼ cup flour
½ teaspoon salt
Cayenne
Anchovy essence
½ cup thin cream or top milk

Cook the oysters without added liquor until they curl. Strain out, and reserve liquor that has formed. Stir butter in a sauce pan until it browns, add flour and stir constantly until it is well blended and brown. Add salt, a dash of cayenne, and, if liked, a little anchovy essence. Then add, stirring, the oyster liquid and about one-half cup of thin cream or top milk (enough to make the consistency of cream sauce). Add the oysters and serve on rounds of toast, or in patty shells or timbale cases. This can be combined in the chafing-dish. Serves 6.

TAPIOCA SALMON CROQUETTES

3 tablespoons quick cooking tapioca
½ teaspoon salt
⅛ teaspoon paprika
1 tablespoon green pepper
1 tablespoon pimiento
1 cup milk
1½ cups flaked salmon
2 teaspoons lemon juice
Egg, crumbs

Add tapioca, salt, paprika, chopped green pepper and pimiento to the milk and cook in a double boiler until tapioca is clear, stirring frequently. Add salmon and lemon juice. Cool. Shape into croquettes, roll in crumbs, beaten egg, and crumbs again. Fry in deep fat.

Time in frying 1½ minutes. Temperature, 380°. 8 croquettes.

SALMON LOAF

2 eggs
¼ cup milk
2 cups canned salmon
½ teaspoon salt
¼ teaspoon pepper
1 tablespoon minced parsley
1 tablespoon lemon juice
2 cups bread crumbs

Beat the eggs thoroughly, combine with the milk and mix with the shredded salmon, to which seasonings and crumbs have been added. Press into a greased bread pan. Bake in a moderate oven. Serve with Tomato Sauce.
Time in baking, 45 minutes. Temperature, 350°. Serves 6.

SALMON-STUFFED PEPPERS

3 large green peppers
1 cup canned salmon
1 cup medium white sauce
¼ teaspoon salt
Speck pepper
2 tablespoons chili sauce
1 hard cooked egg
Buttered crumbs

Prepare peppers for stuffing by cutting in halves, removing white portion and parboiling for five minutes in salted water. Shred salmon. Combine with the white sauce, seasonings and the chopped hard cooked egg. Fill the pepper halves and sprinkle with buttered crumbs. Bake in a moderate oven.
Time in baking, 45 minutes. Temperature, 350°. Serves 6.

SALMON SOUFFLÉ

1½ cups canned salmon
1 tablespoon minced parsley
1 teaspoon lemon juice
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1½ cups medium thick white sauce
3 eggs

Shred salmon and combine with parsley, lemon juice, salt, pepper and paprika. Combine the seasoned fish with the white sauce and the yolks of the eggs, well beaten. Beat the egg whites until stiff and fold into the fish mixture. Turn into a greased baking dish and set in a pan of hot water. Bake in a moderate oven until the center of the soufflé is firm. Serve immediately.
Time in baking, 45 minutes. Temperature, 350°. Serves 6.

NEW SHRIMP WIGGLE

3 slices bacon
1 cup shrimp
2 cups canned tomatoes
½ cup milk
1 tablespoon flour

Dice the bacon and cook in a frying pan until brown. Add the shrimp and the tomatoes. Cook all together a few minutes.

Heat in a separate pan the milk, to which the flour has been added, stirring until thickened. Stir into the other mixture and season to taste. Serves 6.

CHEESE COMBINATIONS

BLUSHING BUNNY

1 pound cheese
1 tablespoon butter or margarine
¾ cup tomato soup (canned)
⅛ teaspoon mustard
⅛ teaspoon pepper

Chop the cheese or cut it into small pieces and melt it with the butter in the upper vessel of a double boiler, stirring occasionally to speed up the process. Add to the tomato soup and seasonings, cook until smooth and serve on crisp crackers or buttered toast. Serves 6.

CHEESE SOUFFLÉ

4 tablespoons butter or margarine
4 tablespoons flour
1 cup milk
Salt, pepper, paprika
1½ cups grated cheese
4 eggs

Make a white sauce of the butter, flour and milk. Season with salt, pepper and paprika. Add grated cheese and stir until melted. Add well beaten egg yolks, remove from the stove and add the whites of the eggs which have been beaten until stiff. Turn into a greased baking dish and bake in a moderate oven until firm.
Time in baking, 45 minutes. Temperature, 325°. Serves 6.

CHEESE TIMBALES WITH TOMATO SAUCE

3 eggs
1 cup milk
¼ cup bread crumbs
¼ cup grated cheese
Salt, pepper, paprika

Beat the egg yolks and add milk, crumbs and cheese. Season with salt, pepper, and paprika. Fold in stiffly beaten whites

of eggs. Turn into greased timbale molds or custard cups, set in a pan of hot water, and bake in a moderate oven until firm. Turn out on sautéed or toasted bread and pour Tomato Sauce around them. Garnish with parsley.
Time in baking, 25 minutes. Temperature, 350°. Serves 4.

CORN AND TOMATO RAREBIT

2 tablespoons cooking fat
1 small onion
1 green pepper
1 quart can tomatoes
1 pint can corn
2 eggs
1 teaspoon salt
⅛ teaspoon white pepper
Toast
Grated cheese

Heat the fat and in it brown the onion, minced, and the pepper, finely shredded. Add tomatoes and cook until the bulk is reduced one-half. Add corn and cook ten minutes longer. Add the unbeaten eggs and stir carefully for a minute. Add seasoning. Heap the mixture on toast rounds, sprinkle generously with grated cheese and brown in a hot oven. Serves 10.

GOLDEN FLEECE

½ pound rich cheese
1 cup cream
Pinch cayenne pepper
5 eggs
Pinch salt

Cut the cheese fine and melt in frying pan. When soft, add cream and pepper. When thoroughly blended, break on this five (or more) fresh eggs. Cover for two minutes. When they begin to set, remove cover, add salt and beat briskly for a few minutes. Serve immediately. Cook over a moderate fire. Serves 6.

MT. CLEMENS RAREBIT

½ pound American cheese
¼ pound butter or margarine
2 cups canned red kidney beans
4 medium sized sweet green peppers

Melt cheese in chafing dish or in top of double boiler. Add butter, and when well blended add beans and minced peppers. Serve on triangles of toasted bread or with crackers. Serves 6.

WELSH RAREBIT, No. 1

1 tablespoon butter or margarine
½ pound soft American cheese
¼ teaspoon salt
¼ teaspoon mustard
Few grains cayenne
⅛ cup milk
1 egg

Melt butter, add cheese cut in small pieces and cook over hot water until the cheese is melted, stirring frequently. Add seasonings, pour in milk slowly, then add the egg slightly beaten and cook until thickened, stirring constantly. Serve immediately on crackers or toast. Serves 6.

WELSH RAREBIT, No. 2

1½ tablespoons butter or margarine
1½ tablespoons flour
1 cup milk
½ teaspoon salt
Few grains cayenne
¼ teaspoon mustard
½ pound soft American cheese

Melt butter, add flour, then the milk gradually and cook until thickened, stirring constantly. Add seasonings and the cheese cut in small pieces. Stir until cheese is melted. Serve on crackers or toast. Serves 6.

VEGETABLE COMBINATIONS

ASPARAGUS AND CHEESE

1 tablespoon butter or margarine
2 tablespoons flour
1 cup milk
1 can asparagus tips
1 cup blanched almonds
1½ cups yellow cheese

Melt butter and add flour. Add milk gradually and cook until thickened, stirring constantly. Add liquid from canned asparagus and bring to the boiling point. Add asparagus tips cut in small pieces, chopped almonds and grated cheese. Serve in patty cases. Serves 6.

ASPARAGUS ITALIENNE

1 large bunch asparagus
2 tablespoons butter or margarine
4 eggs
Salt, pepper
Grated Italian cheese

Cook asparagus until tender. Cut into inch pieces and put in pan with butter. Cook two or three minutes. Beat eggs well, add salt and pepper to taste and pour over asparagus. Before the mixture sets, sprinkle the cheese over it, and stir until done. Serves 6.

ASPARAGUS AND OLIVES AU GRATIN

2 cups cooked asparagus
⅛ cup stoned chopped olives
1 hard cooked egg
1 cup milk
2 tablespoons flour
2 tablespoons butter or margarine
½ teaspoon salt
⅛ teaspoon pepper
1 cup buttered crumbs

Place a layer of asparagus in the bottom of a greased baking dish. Sprinkle with chopped olives and egg. Make a white sauce of the milk, butter, flour and seasonings. Pour the sauce over the ingredients in the dish and cover with the crumbs. Bake in a hot oven until the crumbs are brown.
Time in baking, 25 minutes. Temperature, 400°. Serves 6.

BOSTON BAKED BEANS

3 cups pea beans
2 teaspoons salt
3 tablespoons molasses
2 tablespoons sugar
¼ teaspoon mustard
Boiling water
½ pound salt pork

Soak the beans over night in cold water. Bring to the simmering point and cook until the skins begin to burst. Drain and put in a bean pot or deep casserole. Mix the seasonings with a cup of boiling water and add. Pour boiling water over the salt pork, scrape the surface of the rind and cut through every half inch. Bury in the beans so that just the rind is exposed. Cover with boiling water and bake in a slow oven, adding more water from time to time. A small onion may be buried in the beans for extra flavor. The amount of molasses and sugar may be increased or decreased to suit the individual taste. Dried lima, red kidney and yellow eyed beans may be baked in the same way.
Time in baking, 6–8 hours. Temperature, 300°. Serves 12.

BAKED BEANS, NEW YORK STYLE

3 cups pea beans
½ teaspoon soda
1 small onion
½ pound salt pork
1½ teaspoons salt
⅛ teaspoon pepper
¼ teaspoon mustard
4 tablespoons sugar

Soak beans in cold water over night. Parboil for thirty minutes, adding soda as soon as water boils. Drain, rinse and put the beans back in the kettle. Add onion, chopped. Scald and scrape rind of pork and cut it through at half-inch intervals. Add to the beans and cover with boiling water. Cover and boil gently until the beans are soft. Turn into a shallow baking dish, add seasonings, and bake in a moderate oven until the beans are quite dry and browned on top.

Time in baking, 2 hours. Temperature, 325°. Serves 12.

BEAN AND HAM LOAF

1 cup dried navy beans
½ cup ground ham
¼ cup chili sauce or catsup
2 eggs
1 teaspoon minced onion
1 tablespoon butter or margarine
1 cup cracker crumbs
Salt, pepper

Soak beans and cook until tender. Drain and press through coarse sieve. Mix this with the ham, chili sauce, the eggs well beaten and the minced onion. Melt the butter and add to the first mixture. Mix with cracker crumbs. Add salt and pepper to taste. Shape into a loaf, and bake in a moderate oven in a pan in which several tablespoons of butter have been melted. Baste occasionally with the melted butter. Serve with brown gravy to which tomatoes have been added.

Time in baking, 30 minutes. Temperature, 350°. Serves 6.

LIMA BEAN MEDLEY

2 cups diced celery
1 small onion
1 green pepper
2 tablespoons cooking fat
2 cups boiling water
2 tomatoes
2 cups lima beans
Salt and pepper
½ package (3 ounces) egg noodles

Cook the celery, onion and pepper, cut into pieces, in fat until brown. Add water and let simmer until nearly done, then add

tomatoes, cut in quarters, lima beans (canned or cooked, dried), salt and pepper. Continue to simmer until done, adding more water if necessary. In place of fresh tomatoes, canned may be used. Boil noodles in salted water and add to vegetables, or serve noodles with vegetables as a border. Serves 8.

SCALLOPED LIMA BEANS, VENTURA STYLE

2 cups dry lima beans
2–4 hard cooked eggs
1 can pimiento
½ onion
¼ pound strong cheese
1 quart white sauce

Wash beans and soak overnight in cold water. Cook until tender in boiling salted water. Drain. Place half the beans in a buttered baking dish. Add a layer of hard cooked eggs sliced, chopped pimiento, onion, and grated cheese. Cover with white sauce, and repeat, having grated cheese on top. Bake in moderate oven until brown.

For white sauce use eight tablespoons butter or margarine, and eight tablespoons flour to quart of milk.

Time in baking, 40 minutes. Temperature, 350°. Serves 10.

CABBAGE WITH NOODLES

Shred cabbage and boil in salted water with an equal amount of egg noodles. Cook until nearly done and drain. Place three tablespoons of bacon fat in a frying pan and allow to melt. Add the cabbage and noodles. Toss to mix in the fat, and allow to cook ten minutes. Grated cheese may be served with this.

DEVILED CABBAGE SCALLOP

1 small head cabbage
2 tablespoons butter or margarine
2½ tablespoons flour
1½ cups milk
¼ cup deviled ham
Buttered crumbs

Shred the cabbage and cook until tender. There should be about three cups of cooked cabbage. Make a white sauce of the butter, flour and milk and add the deviled ham. Add salt if needed. Place alternate layers of cabbage and sauce in a greased baking dish, cover with buttered crumbs and bake in a moderate oven.

Time in baking, 30 minutes. Temperature, 350°. Serves 6.

CELERY AND CHEESE CASSEROLE

1 cup cheese, cut fine
2 cups cooked diced celery
1 cup white sauce
1 cup cooked spaghetti
½ cup buttered bread crumbs

Mix all ingredients except crumbs. Place in a baking dish and cover with the crumbs. Bake in a moderate oven.
Time in baking, 30 minutes. Temperature, 325°. Serves 6.

CARROT LOAF

2 cups ground carrots
2 eggs
1 cup bread crumbs
2 cups milk
2 teaspoons salt
¼ teaspoon pepper
4 tablespoons fat (melted)

Mix all the ingredients together and bake in a casserole in a moderate oven until firm.
Time in baking, 1 hour. Temperature, 350°. Serves 6.

CORN FONDUE

1 cup milk
1 cup bread crumbs
1 cup grated cheese
1 cup grated or canned corn
3 eggs
1 tablespoon melted butter or margarine
½ teaspoon salt
¼ teaspoon pepper
Dash paprika

Mix together the milk, bread crumbs, cheese, corn and butter, add seasonings and yolks of eggs which have been beaten until thick. Fold in carefully the stiffly beaten whites of eggs. Bake in individual dishes in a moderate oven.
Time in baking, 30 minutes. Temperature, 325°. Serves 6.

SQUAW CORN WITH PEPPERS

½ pound bacon
1 No. 2 can corn
½ teaspoon salt
¼ teaspoon pepper
1 green pepper, minced
½ cup dried bread crumbs

Cut bacon in thin slices and chop these into small pieces, about one-half inch squares. Cook them until crisp. Grease well (with some of the fat in the pan) a casserole or baking dish. Combine all the remaining ingredients except the crumbs.

Add bacon. Pour the mixture into the casserole and spread the crumbs over the top. Bake in a moderate oven. Garnish the top with minced parsley and a few dashes of paprika.

Time in baking, 1 hour. Temperature, 350°. Serves 4.

CORN FRITTERS

1 egg
½ cup milk
2 cups corn (canned)
1½ cups flour
2 teaspoons baking powder
½ teaspoon salt
Dash pepper
2 teaspoons melted shortening

Beat the egg and add remaining ingredients. Beat well, drop by spoonfuls into hot fat and cook until golden brown.
Time in frying, 3 minutes. Temperature, 380°. 16 fritters.

BAKED STUFFED EGG PLANT

1 large egg plant
2 cups canned tomatoes
¼ green pepper
1 cup cooked meat
4 slices crisp bacon
Bread crumbs
Butter or margarine
Salt, pepper

Remove top and parboil egg plant. Remove the pulp and cook in a little water until tender. Cook tomatoes and chopped green peppers. Combine egg plant, chopped meat, bacon, tomatoes and sufficient bread crumbs to hold mixture together. Season, fill shell and cover with buttered crumbs. Brown in oven. Do not chop anything very fine.
Time in baking, 25 minutes. Temperature, 350°. Serves 6.

ITALIAN EGG PLANT

1 quart sliced egg plant
Cooking oil
¼ teaspoon black pepper
½ teaspoon salt
8 tablespoons tomato sauce
4 tablespoons grated cheese

Fry egg plant until a light brown in a little cooking oil. Drain well. Add salt and pepper to tomato sauce. Put a layer of the egg plant in a greased baking dish, spread over it a portion of the tomato sauce, and sprinkle with grated cheese, alternating this way until dish is full. Set in hot oven to melt cheese.
Time in baking, 25 minutes. Temperature, 350°. Serves 4.

MUSHROOMS AND EGGS À LA KING

¾ pound mushrooms
3 tablespoons butter or margarine
2 cups top milk or thin cream
3 tablespoons flour
Salt
4 hard cooked eggs
Toast
Pastry strips

Stew the coarsely broken mushrooms in the butter and milk or cream, for about ten minutes. Shake over the flour, stirring, and let simmer two or three minutes more until thickened. Add salt to taste. Add sliced eggs carefully. When very hot, pour on to a few small pieces of toast on a hot chop dish, and garnish with lattice strips of rich pastry — hot. If pastry is omitted, use toast points. The mushrooms need not be peeled, and the stems, thinly sliced, can be used. Serves 8.

PEAS ITALIENNE

2 slices bacon
½ cup rice
1 cup meat stock
1 cup strained tomato
1 cup peas (canned or fresh-cooked)
½ cup grated cheese
6 minced olives
1 tablespoon minced parsley
½ teaspoon salt
⅛ teaspoon celery salt

Cut the bacon into small pieces and cook until crisp. Remove, and brown rice in the bacon fat. Add stock and tomato and cook until rice is tender. Add peas and the remaining ingredients, including the bacon. Serves 4.

PEA SOUFFLÉ

4 tablespoons butter or margarine
4 tablespoons flour
1 cup milk
1 cup split peas, cooked
3 eggs
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons grated cheese
Few drops onion juice

Melt butter, add flour, and blend smoothly. Add milk gradually and cook until thickened, stirring constantly. Add peas which have been rubbed through a sieve, beaten egg yolks and seasonings. Fold in stiffly beaten whites of eggs. Heap in a baking dish, sprinkle with cheese and bake in a moderate oven until firm.

Time in baking, 45 minutes. Temperature, 325°. Serves 6.

STUFFED POTATO SURPRISE

6 potatoes
3 tablespoons butter or margarine
4 tablespoons milk
2 egg whites
Parsley
Salt, pepper
6 eggs

Wash and bake the potatoes, cut a piece from the top of each and carefully remove the contents. Add butter, milk, stiffly beaten egg whites, and seasonings. Line potato skins with the mixture, place in each cavity a delicately poached egg, and cover with more of the potato. Brown in a hot oven.
Time in baking, 15 minutes. Temperature, 450°. Serves 6.

SWEET POTATO AND RAISIN CROQUETTES

4 sweet potatoes
¼ cup raisins
Salt, pepper
Butter or margarine
1 egg
Top milk

Wash and pare raw potatoes. Place in boiling water, using only enough to keep them from burning. Add raisins and cook with potatoes. When potatoes are tender, there should be almost no water left in the pan. This cooking should be done with a cover on the sauce pan. Put potatoes and raisins through a ricer. Season with salt, butter, and a very little pepper. Add beaten egg and enough top milk to make them of a consistency to handle. Spread on a platter to dry slightly. Then shape into croquettes. Dip in crumbs, egg and crumbs again. Fry in deep fat until a golden brown.
Time in cooking, 4 minutes each. Temperature, 360°. 9 croquettes.

SPINACH SAVORY

2 cups freshly cooked or canned spinach
1 teaspoon salt
Butter or other fat
3 hard cooked eggs
2 cups cheese sauce
Bread crumbs

Oil baking dish, put in layer of spinach seasoned with salt and fat, layer of sliced eggs, layer of cheese sauce. Repeat until all is used. Cover with bread crumbs to which a small amount of fat has been added. Bake until crumbs are brown.
Time in baking, 25 minutes. Temperature, 350°. Serves 6.

SPINACH SOUFFLÉ

3 tablespoons butter or margarine
3 tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper
Onion juice
1 cup milk or thin cream
1 cup cooked spinach
3 eggs
½ cup grated cheese

Melt butter, add flour and seasonings and gradually the milk. Add spinach, pressed dry and put through a sieve, and the well beaten egg yolks. Fold in grated cheese (Parmesan preferred), and the stiffly beaten egg whites. Bake in a buttered dish, standing in hot water. When firm serve with Velouté Sauce.
Time in baking, 40 minutes. Temperature, 350°. Serves 6.

BAKED TOMATOES WITH CREAM CORN FILLING

1 egg
1 cup corn
6 tablespoons cream
6 medium sized tomatoes
Salt, sugar, paprika
Buttered crumbs

Beat the egg and add to the corn pulp (fresh or canned). Add cream and season to taste. Scoop out centers of tomatoes and sprinkle with salt, sugar, and paprika. Fill with the corn mixture, cover with buttered crumbs and bake in a moderately hot oven until the tomato is tender and the crumbs browned. Grated cheese may be added to the crumbs. Serve on rounds of buttered toast and garnish with parsley or celery tops.
Time in baking, 35 minutes. Temperature, 375°. Serves 6.

BAKED TOMATOES WITH LIVER STUFFING

8 tomatoes
2 tablespoons bacon fat
1 small onion
½ pound chicken livers
½ cup dry bread crumbs
6 medium sized mushrooms
1 teaspoon chopped parsley
Few drops lemon juice
1 teaspoon salt
¼ teaspoon pepper

Cut a thick slice from the stem end of each tomato and scoop out the pulp. Turn upside down to drain. Heat the fat, add chopped onion and livers (previously cooked) and brown slightly. Add bread crumbs, chopped mushrooms and season-

ings and enough of the tomato pulp to moisten. Fill the tomatoes with this mixture, cover with the top slices and bake in a moderate oven.

Time in baking, 30 minutes. Temperature, 350°. Serves 8.

VEGETABLE PEANUT BUTTER LOAF

2 cups cooked lima beans
2 cups cooked carrots
1 cup dry bread crumbs
6 tablespoons peanut butter
2 tablespoons bacon fat
1 teaspoon grated onion
1 tablespoon chopped parsley
½ teaspoon celery salt
Salt, pepper
1 egg
¾ cup milk

Chop lima beans and carrots and add to bread crumbs. Mix peanut butter and bacon fat together and add. Add seasonings, using salt and pepper to taste, beaten egg and milk. Pour into a greased loaf pan and bake in a moderate oven until firm and brown. Serve with White or Tomato Sauce.

Time in baking, 1 hour. Temperature, 350°. Serves 8.

DESSERTS

Dessert, in the terminology common in this country, is a sweet course served at the end of a meal. It should be considered as an integral part of the menu, not something tacked on to a meal already complete as to food value.

In addition to the recipes given in this chapter, there are various dishes which may be served as dessert in other sections of the book. Pastry and cakes, for example, are used chiefly for desserts. Doughnuts and waffles make good desserts for a light meal, hot breads with jam or honey are excellent at luncheon or supper. Fruit is one of the best possible desserts, from a dietetic standpoint, it is generally popular and involves little work in preparation.

COLD DESSERTS

Cold desserts include blanc manges, custards, and gelatines. These are made from a foundation of milk, fruit juice, or flavored liquid of some kind sweetened and thickened.

Blanc Mange. — Blanc mange is a liquid, usually all or part milk, thickened with some form of starch. Cornstarch blanc mange is the most common type.

To make a smooth blanc mange mix the starch with part of the sugar and add a little cold liquid. Then add to the rest of the liquid, which has been heated, and cook in a double boiler, stirring constantly until thickened. At least fifteen minutes cooking is needed to take away the raw starch taste.

Two tablespoons of cornstarch to one cup of milk is the correct proportion for a plain blanc mange. Egg is often used, in place of part of the cornstarch, to make the mixture more delicate.

Custards. — Custard is thickened with egg and, like all egg mixtures, should be cooked at a low temperature.

Baked custard is cooked in the oven, set in a pan of water. For a soft, often erroneously called "boiled" custard, a double boiler is used and the mixture must be stirred constantly.

One egg will thicken one cup of milk to make a thin soft custard or a baked custard in individual cups. For thicker custard or one baked in a large mold more egg is necessary. Flour or cornstarch may be substituted for part of the egg.

Bread and cereal puddings are a variation of custard.

Gelatines. — One tablespoon (one-half ounce) gelatine will, under ordinary conditions, stiffen one pint of liquid so that it will hold its shape when unmolded. In hot weather, or with an extremely acid mixture, or when a very short time can be allowed for setting, increase the quantity slightly. Raw pineapple acts upon gelatine to destroy its stiffening properties, so when fresh pineapple is used it should be cooked before the gelatine is added.

Gelatine should be softened by soaking in cold water and dissolved in hot liquid or over hot water.

When fruits or nuts are to be molded in gelatine they should not be added until the mixture is partially thickened — stiff enough to hold them up — otherwise they will sink or float.

A sponge or **whip** is a gelatine mixture, beaten until frothy, after it has begun to solidify. Stiffly beaten egg whites are often added.

Bavarian cream and **charlotte** have whipped cream, and sometimes egg white, too, added to the partially thickened gelatine mixture.

To decorate gelatine. — Molded gelatines can be made particularly attractive by decorating the bottom of the mold. To do this first pour in a very little clear gelatine mixture and allow it to harden. Arrange on this a design of fruits, nuts or other material chosen for decoration. Add carefully a little liquid jelly and let that stiffen to hold the design in place before filling the mold. If the sides of the mold are to be ornamented dip the material used for decoration into liquid gelatine, press in place and allow to become set. If there is difficulty in making the decoration adhere to the mold let it rest on a layer of hardened gelatine, add just enough of the liquid mixture to cover partially but not float the decoration and let it stiffen. To hasten the congealing process set the mold in a pan of crushed ice.

BAVARIAN CREAM

2 cups milk
2 eggs
⅛ cup sugar
1½ tablespoons gelatine
¼ cup cold milk
½ teaspoon vanilla
¾ cup cream

Scald milk, add beaten eggs and sugar and cook in a double boiler, stirring constantly, until the mixture coats the spoon. Remove from stove and add gelatine which has been softened in cold milk. Cool and, when it begins to stiffen, add vanilla and fold in whipped cream. Pour into molds and chill. It may be varied by the addition of chocolate. crushed fruits, and different flavorings. Serves 6.

CORNSTARCH BLANC MANGE

3 cups milk
5 tablespoons cornstarch
¼ cup sugar
Pinch salt
1 teaspoon vanilla or other flavoring

Scald two and one-half cups of the milk. Mix cornstarch, sugar and salt and moisten with the remaining milk. Add to the hot liquid and cook in a double boiler for fifteen minutes, stirring constantly until thickened, afterwards occasionally. Add vanilla and turn into molds which have been rinsed in cold water. Serve with cream, custard sauce or crushed fruit.

This blanc mange may be enriched by omitting one tablespoon of cornstarch and adding a beaten egg two or three minutes before taking it from the stove. Stir constantly after the egg is added. To make a more fluffy pudding fold in two stiffly beaten egg whites after taking from the stove. Serves 6.

CHOCOLATE BLANC MANGE

Add one and one-half to two squares chocolate, melted, and two to four tablespoons sugar to the recipe for Cornstarch Blanc Mange.

COCOANUT BLANC MANGE

Add one-half cup cocoanut to the recipe for Cornstarch Blanc Mange.

RAISIN MAPLE BLANC MANGE

½ cup seedless raisins
1½ cups boiling water
1 cup light brown sugar
1½ tablespoons cornstarch
½ cup cold water
Pinch salt
½ teaspoon maple flavoring
½ cup walnut meats

Cook the raisins ten minutes in boiling water. Add sugar, cornstarch mixed in cold water, and the salt. Cook until thickened, stirring constantly and then cook in double boiler for fifteen minutes. Add flavoring and nut meats. Serve cold with whipped cream. Serves 6.

SEA MOSS BLANC MANGE

¼ cup sea moss (Irish moss)
2½ cups milk
⅛ teaspoon salt
¾ teaspoon vanilla

Soak the sea moss fifteen minutes in cold water. Drain, pick over, tie in a small cheesecloth bag and put in a double boiler with the milk. Cook thirty minutes and remove the bag of moss. Add to the milk the salt and vanilla, and strain into individual molds which have been dipped in cold water. Chill. Serve with sugar and cream. Serves 6.

CARAMEL APPLES

6 apples
1 cup sugar
1 cup water
1 teaspoon gelatine
1 cup brown sugar
¼ cup milk
1 tablespoon butter or margarine
1 cup chopped nuts
Whipped cream

Boil sugar and water together ten minutes. Pare and core apples and cook slowly in syrup until apples are tender. Dissolve gelatine in the syrup. Cook brown sugar, milk and butter until syrup forms a soft ball in cold water. Add nuts. Place apples in serving dish, fill centers with caramel mixture, and pour syrup around them. Chill and garnish with whipped cream and chopped nuts.

Time in cooking, 30 minutes. Serves 6.

CHEESE CAKE

2 cups zwieback crumbs
2 tablespoons butter or margarine
2 tablespoons sugar
4 eggs
1 cup cream
1 pound cream cheese
1 cup sugar
2 tablespoons flour
Pinch salt
1 teaspoon vanilla

Prepare the zwieback crumbs by grinding or rolling a six-ounce package zwieback. Mix the crumbs with the butter and two tablespoons sugar which have been creamed together, and rub until thoroughly blended. Put into a spring form (a round pan, the sides of which can be removed) and press down firmly to make an even layer covering the bottom of the pan. Beat the egg yolks and add the remaining ingredients, folding in the stiffly beaten whites of eggs last. Pour into the baking pan over the crumbs and bake in a moderate oven until firm and browned.

Time in baking, 1 hour. Temperature, 325°. Serves 10.

BAKED CUSTARD

3 eggs
¼ cup sugar
Pinch salt
3 cups milk
Flavoring

Beat eggs slightly, add sugar and salt and the milk which has been scalded. Add a teaspoon of vanilla or other flavoring or sprinkle with a little nutmeg or cinnamon before baking. Pour into custard cups, set in a pan of hot water and bake in a moderate oven until firm (a knife inserted in the center should come out clean). It is not absolutely necessary to scald the milk but the custards will bake faster and more evenly if it is done. Chill before serving.

If the custard is to be baked in a large dish add an extra egg and increase the baking time.

Time in baking, 30 minutes. Temperature, 325°. Serves 6.

CARAMEL CUSTARD

Add two tablespoons sugar to the Baked Custard recipe. Caramelize the sugar and dissolve it in the scalded milk.

SOFT CUSTARD

6 egg yolks or 3 eggs
¼ cup sugar
Pinch salt
3 cups milk
Flavoring

Beat eggs slightly and add sugar and salt. Pour on gradually the milk, which has been scalded, and cook in a double boiler, stirring constantly, until the mixture thickens and coats the spoon. Cool and add flavoring.

Cornstarch may be used as part of the thickening for soft custard. One teaspoon of cornstarch will take the place of one egg yolk, two teaspoons may be used in place of a whole egg. Cook the starch and milk together for fifteen minutes before adding the egg. Serves 6.

Soft custard may be served alone, garnished with whipped cream, meringue or jelly, it may be poured over fruit or stale cake or used as a sauce for gelatine desserts and simple puddings.

CHARLOTTE RUSSE

½ tablespoon gelatine
2 tablespoons cold water
1 cup heavy cream
¼ cup confectioners' sugar
1 teaspoon vanilla
Lady fingers or sponge cake

Soften gelatine in cold water and dissolve over steam. Whip cream until stiff, add sugar, vanilla and softened gelatine. Line individual molds with lady fingers or strips of sponge cake and fill with the cream mixture. Chill until stiffened. Serves 6.

DATE CHARLOTTE

1½ cups cream
½ cup dates, stoned and quartered
½ cup prepared cocoanut
¼ teaspoon salt
½ teaspoon orange extract
Lady fingers or sponge cake

Beat the cream until stiff, fold into it the dates, cocoanut, salt, and flavoring. Pile in dessert glasses which have been lined with split lady fingers. If desired sprinkle a little toasted cocoanut over the tops. Serves 6.

PINEAPPLE MARSHMALLOW CHARLOTTE

⅔ cup cream
½ cup marshmallows
1½ tablespoons gelatine
½ cup cold water
1 cup crushed pineapple
¼ cup sugar
1 tablespoon lemon juice
Lady fingers or chocolate cake

Beat cream until stiff and add marshmallows cut in small pieces. Soak gelatine in cold water. Heat pineapple, add sugar, lemon juice, and soaked gelatine. Chill in pan of ice water, stirring constantly. When it begins to thicken fold in the beaten cream and marshmallows. Line dessert glasses with lady fingers or strips of chocolate cake, pile charlotte mixture lightly in center, chill and serve. Serves 6.

RED RASPBERRY CHARLOTTE

1 cup raspberries
¼ cup powdered sugar
¼ teaspoon salt
1 tablespoon gelatine
2 tablespoons cold milk
1 cup cream
Lady fingers or strips of stale cake

Crush the raspberries and add the sugar and salt to them. Soften the gelatine in the cold milk and dissolve over hot water.

Add this to the fruit, and then fold in the cream which has been beaten until stiff. Pile high in sherbet cups which have been lined with lady fingers or strips of stale cake and set aside to chill before serving. Garnish with fresh whole raspberries. Serves 6.

RICE CHARLOTTE

1 tablespoon gelatine
¼ cup cold milk
2 cups hot milk
⅜ cup sugar
Pinch salt
1½ cups boiled rice
½ cup cream
1 teaspoon vanilla
Canned or stewed dried apricots

Soften the gelatine in cold milk and dissolve in hot milk. Add sugar, salt, and rice, and let stand until it begins to thicken. Fold in the cream which has been whipped until stiff, and add the vanilla. Turn into individual molds and let stand until firm. Turn out and garnish with the apricots. Serve with whipped cream. Serves 6.

CHOCOLATE GELATINE PUDDING

2 tablespoons gelatine
1 quart milk
1 cup sugar
4 tablespoons cocoa
½ cup cold water
¼ teaspoon salt
2 teaspoons vanilla

Mix gelatine with one-half cup cold milk and let stand for five minutes. Mix sugar, cocoa and water and cook three minutes. Bring milk almost to boiling point and add to cocoa mixture. Stir in gelatine and add salt. When cool add vanilla. Mold in small molds or large pudding dish. When set serve with milk or cream, but no sugar. Serves 8.

CRANBERRY WHIP

½ cup cranberry pulp
⅞ cup powdered sugar
Lady fingers
½ tablespoon lemon juice
1 egg white

Prepare the cranberry pulp by rubbing cooked cranberries through a sieve. Add sugar, lemon juice, and unbeaten egg white. Beat until the mixture is stiff enough to hold its shape.

Line a serving dish with lady fingers or sponge cake cut in strips and pile the whip lightly in the dish. Serves 6.

GRAPE JUICE SPONGE

1½ tablespoons gelatine
2 tablespoons cold water
1½ cups grape juice
½ cup boiling water
1 tablespoon lemon juice
3 tablespoons sugar
⅔ cup whipped cream

Soak the gelatine in the cold water. Heat the grape juice and add the boiling water. Then stir in the lemon juice and sugar. Reheat, and when the sugar is dissolved, add the soaked gelatine. Remove to a cool place and when it begins to thicken stir in the whipped cream. Pour into a mold. When firm serve plain or with cream. Serves 6.

GRAPEFRUIT MARASCHINO SPONGE

1½ tablespoons gelatine
4 tablespoons cold water
1 cup boiling water
½ cup sugar
1 cup grapefruit juice
2 tablespoons maraschino syrup
¾ cup grapefruit pulp
¼ cup maraschino cherries
1 egg white

Soften gelatine in cold water and dissolve in boiling water. Add sugar, grapefruit juice, and maraschino syrup. Let stand until it begins to stiffen and beat until foamy. Add grapefruit pulp and cherries cut in pieces and fold in stiffly beaten egg white. Turn into a mold and let stand until firm. Serve with whipped cream or Custard Sauce. Serves 6.

CHOCOLATE ICE BOX CAKE

2 squares chocolate
3 tablespoons boiling water
4 eggs
2 tablespoons confectioners' sugar
Pinch salt
½ tablespoon vanilla
1½ dozen lady fingers
1 pint whipping cream

Melt the chocolate in the boiling water. Add the beaten egg yolks, the confectioners' sugar, salt, and vanilla. Then add the egg whites, beaten stiff. Line a pan, preferably a spring form, with oiled paper. Stand the lady fingers around the edge and on bottom. Put in a layer of the mixture, and then a layer

of lady fingers, and repeat until all the mixture is used. Finish with a layer of lady fingers. Let stand on ice twenty-four hours. Two hours before serving, turn out on a platter and cover with sweetened whipped cream. Serves 8.

PINEAPPLE ICE BOX CAKE

¼ cup sugar
2 tablespoons water
2 eggs
½ cup butter or margarine
1 cup confectioners' sugar
½ cup drained crushed pineapple
¼ teaspoon vanilla
Lady fingers

In the top of a double boiler dissolve sugar in water. Add gradually the beaten egg yolks and cook until thick, stirring constantly. Cool. Cream butter, work in confectioners' sugar and add egg mixture. Add pineapple, fold in stiffly beaten egg whites and add vanilla. Pour into a pan lined with split lady fingers. Leave in refrigerator twelve hours. Turn out and top with crushed pineapple, whipped cream, cherries and citron. Serves 6.

COFFEE JELLY

1½ tablespoons gelatine
¼ cup cold water
½ cup boiling water
½ cup sugar
2 cups strong coffee

Soften gelatine in cold water and dissolve in boiling water. Add sugar and coffee and stir until sugar is dissolved. Pour into molds and let stand in a cold place until firm. Serve with whipped cream. Serves 6.

GINGER ALE JELLY

1 pint ginger ale
1 cup grape juice
Sugar
2 tablespoons gelatine
½ cup cold water

Heat ginger ale and grape juice and sweeten to taste. Add gelatine which has been softened in cold water. Pour into molds and when firm serve with whipped cream. Serves 6.

LEMON JELLY

1 tablespoon gelatine
¼ cup cold water
1¼ cups boiling water
⅔ cup sugar
⅓ cup lemon juice

Soften gelatine in cold water and dissolve in boiling water. Add sugar and stir until dissolved. Cool and add fruit juice. Turn into molds and let stand in a cold place until stiffened. Serves 5.

Fruit may be molded in either orange or lemon jelly. It should be added when the mixture has partially stiffened. Juice from other fruits may be substituted for part of the water and lemon juice.

ORANGE JELLY

1 tablespoon gelatine
¼ cup cold water
¾ cup boiling water
½ cup sugar
¾ cup orange juice
2 tablespoons lemon juice

Follow directions for making Lemon Jelly. Serves 5.

JUNKET

1 junket tablet
1 tablespoon cold water
2 cups milk
½ teaspoon vanilla

Crush junket tablet and dissolve it in cold water. Heat milk until lukewarm (not over 110°). Add junket tablet and vanilla, stir to mix thoroughly and pour immediately into individual dessert glasses. Let stand, undisturbed, in a warm place until set. Chill before serving. Serves 4.

COCOA JUNKET

2 tablespoons cocoa
4 tablespoons boiling water
4 teaspoons sugar
2 cups milk
1 junket tablet
1 tablespoon cold water
½ teaspoon vanilla

Mix the cocoa and hot water and cook in a double boiler several minutes. Add the sugar and when dissolved, add gradually to the milk, which should be not quite lukewarm. Dissolve the junket tablet in the cold water. Heat the milk mixture until lukewarm, add the vanilla, and stir in the dissolved junket. Pour immediately into cups. Allow to stand until set, then remove to a cool place. Serve cold with a garnish of whipped cream. Serves 4.

MAPLE FLUFF

2 tablespoons gelatine
2 cups water
2 cups maple or brown sugar
2 egg whites
½ cup chopped walnut meats

Soak gelatine in one-half cup cold water. Boil maple or brown sugar with one and one-half cups water for ten minutes. Pour hot syrup slowly into soaked gelatine, stirring constantly. Let stand until it begins to set. Add stiffly beaten egg whites and walnut meats. If brown sugar is used add one-half teaspoon maple flavoring. Beat all together and pour into a mold to stiffen. Serve with Custard Sauce. Serves 6.

MARSHMALLOW NEAPOLITAN

1 tablespoon gelatine
¼ cup cold water
½ cup boiling water
¾ cup sugar
4 egg whites
1 square chocolate
2 tablespoons lemon juice
¼ cup maraschino cherries
Pink coloring

Soften the gelatine in cold water and dissolve in boiling water. Add one-half cup of the sugar and let the mixture stand until it begins to thicken. Beat until foamy, add egg whites, and beat until well blended. Divide the mixture in thirds. To one-third add the chocolate, melted, and two tablespoons of the sugar. To another portion add the lemon juice and the rest of the sugar. To the other third add the cherries, chopped, and a little pink coloring. Put the pink mixture in the bottom of a brick or square mold. Cover with the white portion, and place the chocolate on top. Let stand until firm. Unmold, and serve with whipped or plain cream. Serves 6.

MOSCOW CREAM

1 pint plain orange jelly
1 tablespoon gelatine
¼ cup cold water
2 tablespoons shredded orange peel
2 tablespoons shredded cocoanut
2 tablespoons shredded citron
2 tablespoons blanched almonds
1 cup cream
¼ cup powdered sugar
½ teaspoon vanilla

Make the orange jelly with a gelatine preparation, pour into individual molds or custard cups and allow to harden. With a spoon scoop out the center portion. Melt the part removed, bring it to the boiling point and add the gelatine softened in the cold water. Stir in the orange peel, cocoanut, citron, and almonds. When it begins to set fold in the cream, whipped, to which the sugar and vanilla have been added. Fill orange cups with the mixture. Chill before serving. Serves 6.

OATMEAL FRUIT PUDDING

1 cup rolled oats
2 cups boiling water
½ teaspoon salt
1 cup seeded raisins
½ cup sugar
1 tablespoon lemon juice

Stir the oats gradually into the boiling, salted water. When it begins to thicken, steam in a double boiler about half an hour. Add the raisins about fifteen minutes after it has thickened. Caramelize the sugar. Then pour it and the lemon juice into the hot cereal and blend thoroughly. Pour into a mold and chill. Serve with milk or cream. Serves 6.

PEARS IN MARASCHINO JELLY

1 tablespoon gelatine
½ cup cold water
1½ cups boiling water
¾ cup sugar
1 cup orange juice
3 tablespoons lemon juice
2 tablespoons cherry syrup
¼ cup chopped maraschino cherries
2½ cups diced canned pears

Soften the gelatine in cold water and dissolve in boiling water. Add sugar, orange and lemon juice and syrup from the maraschino cherries. Cool the mixture until it is partially stiffened and then stir in the fruit. Turn into molds and, when firm, serve with whipped cream. The syrup from the pears may be used in place of part of the water. Serves 8.

QUINCE SPONGE

1½ cups sweet cider or cranberry juice
4 quinces
1½ cups sugar
2 tablespoons gelatine
¼ cup cold water
½ cup boiling water
2 egg whites

Place the cider or cranberry juice in saucepan, add the quinces peeled and sliced, and stew until tender; then pass through a fruit press or sieve. Add the sugar (if sweet cider is used less sugar will be needed). Soften the gelatine in cold water, and dissolve in the boiling water, and add to the quince pulp. When this begins to set add the egg whites and beat until light. Pour into a mold and chill. Turn out and sprinkle with a mixture of cocoanut and chopped candied orange peel. Serves 10.

RAISIN LEMON WHIP

2 teaspoons gelatine
¼ cup cold water
2 tablespoons cornstarch
½ cup sugar
1 cup boiling water
2 eggs
Pinch salt
½ lemon
1 cup dried peaches
1 cup seedless raisins
½ cup prunes
½ cup figs

Soften gelatine in cold water. Mix together cornstarch and sugar. Add boiling water and cook until clear, stirring constantly. Remove from fire and beat in softened gelatine, egg yolks, salt, lemon juice and grated rind. When cold add the raisins which have been plumped by boiling in water for five minutes, and the other fruits cut in pieces. Fold in the beaten egg whites. Serves 8.

RICE AND FRUIT SNOW

2 cups cooked rice
1 cup heavy cream
2 cups pineapple or orange
Sugar

Mix the chilled rice with whipped cream and add the diced fruit. A mixture of pineapple and orange may be used. Sweeten to taste, rather lightly, and add enough pineapple syrup or orange juice to make it as soft as possible without being "runny." It should be mixed very lightly. Heap on a large shallow glass dish. One-quarter pound marshmallows, quartered, may be added. Serves 8.

RICE MOLDS

¾ cup rice
½ tablespoon gelatine
1 tablespoon cold water
½ cup milk
¼ cup sugar
½ cup cream
1 teaspoon vanilla

Cook rice in boiling salted water until tender. Drain. Soften gelatine in cold water and dissolve in hot milk. Add sugar and add to the rice. When cool, add cream, whipped until stiff, and vanilla. Turn into individual molds and chill. Serve with fresh fruit, cut in pieces and sweetened, or with canned or stewed fruit. Serves 6.

SNOW PUDDING

1 tablespoon gelatine
¼ cup cold water
1 cup boiling water
1 cup sugar
¼ cup lemon juice
3 egg whites

Soak gelatine in cold water. Dissolve in boiling water and add sugar and lemon juice. Allow to cool, stirring occasionally. When quite thick beat with an egg beater until foamy. Add stiffly beaten egg whites and continue beating until it will hold its shape. Turn into a mold to harden. Serve with Custard Sauce. Serves 6.

SPANISH CREAM

2½ cups milk
3 eggs
½ cup sugar
Pinch salt
1½ tablespoons gelatine
¼ cup cold water
1 teaspoon vanilla

Scald milk and add egg yolks which have been beaten with the sugar and salt. Cook in a double boiler, stirring constantly, until the mixture thickens and coats the spoon. Fold in stiffly beaten egg whites and vanilla, mold and chill. Spanish Cream made in this way will separate into three layers — a clear layer at the bottom of the mold, an opaque one in the center and a fluffy one on top. If a cream of the same consistency throughout is preferred do not add the egg whites until the custard mixture has cooled and is just ready to stiffen. Serves 6.

STRAWBERRY RING

2 tablespoons gelatine
½ cup cold water
2 cups canned strawberries
½ cup sugar
1 tablespoon lemon juice
1 pint cream
2 tablespoons confectioners' sugar
1 cup chopped apple
5 or 6 marshmallows, cut fine
½ cup English walnuts

Soak the gelatine in cold water. Heat the strawberries and add to them the gelatine, sugar, and lemon juice. Chill this mixture and when it begins to thicken add one-half pint of the cream beaten stiff. Mold in a ring mold. When ready to serve beat the remaining half pint of cream, add sugar, chopped apples, marshmallows, walnut meats broken fine, and pile lightly in center of the ring mold. Have all very cold. Serves 10.

TAPIOCA CREAM

3 tablespoons quick-cooking tapioca
3 cups milk
6 tablespoons sugar
Pinch salt
2 eggs
1 teaspoon vanilla

Cook tapioca and milk in a double boiler, stirring occasionally, until thickened and clear (about twenty minutes). Add sugar which has been combined with the salt and beaten egg yolks and cook three minutes longer, stirring constantly. Fold in stiffly beaten egg whites and add vanilla. Chill before serving. Serves 6.

FIG TAPIOCA

⅓ cup granulated tapioca
¾ cup brown sugar
¼ pound diced figs
1½ cups hot water
½ teaspoon cinnamon

Mix all ingredients together and cook in a double boiler two hours. Mold and serve with whipped cream. Serves 6.

WASHINGTON SHORTCAKE

½ recipe of sponge or plain butter cake
2 tablespoons gelatine
¼ cup cold water
¾ cup boiling water
2 cups mashed sweetened strawberries
1 tablespoon lemon juice
Whipped cream

Bake the cake in one layer pan. Soften gelatine in cold water and dissolve in boiling water. Add strawberries and lemon juice and turn into a pan of the same size as the cake pan. When firm turn out on to the cake, cover with whipped cream and garnish with whole berries. Serves 6.

FROZEN DESSERTS

Ice cream is a mixture of sweetened and flavored cream or milk, stirred or beaten while freezing.

Philadelphia ice cream is made from light cream, uncooked.

American and French ice creams are cooked mixtures of cream and milk, thickened with egg and sometimes with flour or cornstarch. The name **French** is usually given when a large proportion of egg is used.

Mousse is sweetened and flavored whipped cream, frozen without stirring.

Parfait is sweetened and flavored whipped cream to which beaten eggs (yolks or whites or both) are added. The sugar is usually made into a syrup and beaten into the eggs. The mixture is frozen without stirring.

Biscuit is a mousse or parfait mixture frozen in paper cups.

Water ice is a frozen mixture of fruit juice diluted with water. It is stirred while freezing.

Sherbet is water ice to which gelatine or egg white has been added before freezing. Milk instead of water may be used in sherbet.

Frappé is partially frozen water ice, coarse in texture, due to a large proportion of salt in the freezing mixture.

EQUIPMENT FOR FREEZING DESSERTS

A freezer is necessary for ice cream, sherbets, and water ices. Mousses and parfaits can be put in any covered mold and packed in a kettle or tub of ice and salt, or they may be frozen in the freezing compartment of a mechanical refrigerator.

Choose the smallest freezer that will meet your needs. The larger the freezer the heavier it is to handle and the more ice is needed to pack it.

A sharp ice pick, heavy canvas bag and wooden mallet are convenient for preparing the ice.

TO FREEZE ICE CREAM AND SHERBET

Have the foundation mixture cold and place it in the freezer can, filling the can not more than two-thirds full, since ice cream swells as it freezes. Put dasher and cover in place and assemble the freezer. Make sure that each part is correctly adjusted and operates correctly before packing.

Fill the pail half full with finely cracked ice, measuring the amount used. Add one-eighth the amount of fine rock salt. Continue to fill with alternate layers of ice and salt, keeping the proportion eight to one.

Turn the dasher slowly until the mixture begins to freeze and then more rapidly to beat in air. When the cream is as firm as desired, remove the dasher, scrape the cream down solidly and fill the hole in the can cover with a cork or plug of soft paper or cloth.

Ice cream is best if allowed to ripen for several hours. Pour off the brine that has formed in the pail and fill completely with a mixture of ice and salt. In hot weather cover the whole freezer with a thick layer of newspapers or heavy cloth to prevent the ice from melting rapidly. Ice cream which is to stand should not be frozen as hard as if it were to be served immediately.

TO MOLD ICE CREAM

If ice creams and sherbets are desired in molded form they must be molded after freezing, but before they have been allowed to stand and become hard. The mixture must be soft enough to be manipulated easily. Chill the mold and pack the ice cream in carefully, working it into the corners and curves so there will be no air spaces. Fill to overflowing, cover with a greased paper and put cover on tight. Seal with a strip of cloth dipped in melted fat. Pack in ice and salt and leave for an hour or longer.

To mold different creams together, line the mold with one and fill center with another, or arrange in layers.

TO FREEZE MOUSSE AND PARFAIT

Fill the mold to overflowing with the mixture, lay over it a piece of greased paper and put the cover on tight. Seal with a strip of cloth dipped in melted fat and bury in a mixture of two parts ice to one of salt, using a container large enough so that the mold can be completely surrounded and well covered with ice.

VANILLA ICE CREAM

2 cups milk
¾ to 1 cup sugar
2 tablespoons flour
⅛ teaspoon salt
2 eggs
2 cups cream
½ tablespoon vanilla

Scald milk and add to sugar, flour and salt which have been mixed together. Cook in a double boiler for twenty minutes, stirring constantly until thickened, afterwards occasionally. Add slightly beaten eggs and cook a few minutes longer, stirring all the time. Cool, add cream whipped until stiff, and flavoring. Pack in ice and salt and freeze. Serves 10.

CHOCOLATE ICE CREAM

Add two squares chocolate and one-fourth cup sugar to the Vanilla Ice Cream recipe. Melt the chocolate, mix with a little

of the sugar and add the scalded milk gradually, blending thoroughly after each addition so that the chocolate will not separate.

BURNT ALMOND ICE CREAM

1 cup sugar
1 cup boiling water
3 cups evaporated milk
2 eggs
⅛ teaspoon salt
¾ cup chopped roasted almonds
2 teaspoons vanilla

Caramelize half a cup of the sugar, add the boiling water, and stir until sugar is dissolved. Add evaporated milk and heat in a double boiler. Beat egg yolks, add the remaining half cup of sugar and the salt, and add to the milk mixture. Cook until thickened, stirring constantly. Cool and add stiffly beaten egg whites, nuts and vanilla. Pack in ice and salt and freeze. Serves 10.

CARAMEL ICE CREAM

2 cups rich milk
¾ cup sugar
Few grains salt
1 tablespoon cornstarch
1½ teaspoons vanilla
1 cup heavy cream

Scald milk. Caramelize sugar, add to milk and cook in double boiler until sugar is dissolved. Add salt, and cornstarch mixed with a little milk. Cook ten minutes, stirring constantly until thickened. Cool and add vanilla. Freeze to mush, fold in whipped cream and freeze until stiff. Serves 8.

COFFEE ICE CREAM

4 tablespoons ground coffee
2 cups milk
2 egg yolks
¾ cup sugar
1 cup cream
½ teaspoon vanilla

Add the coffee to the milk, cook in a double boiler for five minutes and strain through a cloth. Beat the egg yolks and add the sugar. Add to the hot liquid. Cook until thickened, stirring constantly. Cool, fold in the cream which has been whipped until stiff, and add vanilla. Pack in ice and salt and freeze. Top with whipped cream. Serves 8.

FROZEN CUSTARD

2 cups milk
3 eggs
¾ cup sugar
⅛ teaspoon salt
1 cup cream
1 tablespoon vanilla

Scald the milk. Beat the eggs and add to them the sugar and salt. Pour the hot milk on gradually and cook in a double boiler, stirring constantly, until the mixture coats the spoon. Cool and add the cream, whipped until stiff, and the vanilla. Pack in ice and salt and freeze. Serves 8.

MACAROON ICE CREAM WITH PEACHES

2 cups milk
1 egg
½ cup sugar
1 cup dried macaroon crumbs
1 cup peach pulp
1 cup cream

Scald milk, beat egg, add sugar, and add to the scalded milk. Cook in a double boiler until thickened, stirring constantly. Add macaroon crumbs. Cool, and add the peach pulp (made by mashing fresh or canned peaches) and the cream, whipped until stiff. Turn into a freezer, pack in ice and salt and freeze. Serves 10.

PEPPERMINT ICE CREAM

2 tablespoons flour
¼ cup sugar
Pinch salt
½ cup cold milk
2½ cups scalded milk
5-ounce package after-dinner mints
1 cup cream
1 egg white
Green coloring

Mix flour, sugar, and salt, and add cold milk. Add to hot milk and cook in a double boiler for twenty minutes, stirring until thickened. Add after-dinner mints which have been crushed, and stir until dissolved. Cool, fold in cream and egg whites which have been beaten until stiff, and color a delicate green. Turn into a freezer, pack in ice, salt and freeze. Serve with Chocolate Marshmallow Sauce (see page 270). Serves 8.

ORANGE GINGER ICE CREAM

1½ cups milk
2 eggs
1 cup sugar
1 cup orange juice
⅓ cup preserved ginger
1 cup cream

Make a custard of the milk, eggs and sugar by cooking them together in a double boiler until thickened, stirring constantly. Cool. Add orange juice and ginger cut in very small pieces. Fold in whipped cream. Pack in ice and salt and freeze. Serves 8.

PINEAPPLE MARSHMALLOW ICE CREAM

3 eggs
1½ cups sugar
1 pint cream
1 quart milk
½ pound marshmallows
1 No. 2½ can crushed pineapple
2½ lemons (juice)

Beat eggs, add sugar, cream, milk, marshmallows cut in dice, pineapple, and juice of lemons. Pack in ice and salt and freeze. Serves 18.

PISTACHIO ICE CREAM

1 tablespoon flour
⅛ teaspoon salt
1 cup sugar
2 cups milk
1 egg
1 quart cream
1 teaspoon almond flavoring
½ teaspoon vanilla
¼ cup pistachio nuts
Green coloring

Mix flour, salt and sugar. Add scalded milk gradually and cook in a double boiler twenty minutes, stirring constantly until thickened. Add beaten egg and cook a few minutes longer. Cool and add cream, flavoring, nuts which have been blanched and chopped, and coloring to make a delicate green. Pack in ice and salt and freeze. Serves 12.

STRAWBERRY ICE CREAM

1½ cups milk
1 egg
1 to 1¼ cups sugar
1 cup cream
1 quart strawberries

Scald milk, add beaten egg and sugar and cook in a double boiler, stirring constantly, until thickened like custard. Cool and add cream, whipped. Pack in ice and salt and freeze to a mush. Add berries which have been mashed and rubbed through a sieve and finish freezing. Instead of the fresh berries

two cups puréed canned berries may be used. Less sugar will be required and a little lemon juice will improve the flavor. This recipe may be used for other fruit ice creams. Serves 12.

CHOCOLATE MOUSSE

2 squares chocolate
1 cup sugar
½ cup rich milk or light cream
1 egg
Pinch salt
1½ cups heavy cream
1 teaspoon vanilla

Melt chocolate and add one-quarter cup of the sugar. Add milk, a very little at a time, and stir until smoothly blended after each addition. Add egg, slightly beaten, and cook in a double boiler until thickened. Add salt. Chill, fold in cream beaten until stiff, and add vanilla. Pack in ice and salt and let stand four hours. Serves 8.

GRAPE MOUSSE

1 teaspoon gelatine
1 tablespoon cold water
¾ cup grape juice
⅜ cup sugar
¼ cup orange juice
1 cup cream

Soften the gelatine in cold water, add grape juice and heat until gelatine is dissolved. Add sugar and orange juice. Chill and add slowly to the stiffly beaten cream. Pack in ice and salt and let stand until frozen — about four hours. Serves 6.

MAPLE MOUSSE

6 egg yolks
1 cup maple syrup
3 cups heavy cream

Beat the egg yolks slightly, mix with the syrup and cook in a double boiler until thick, stirring constantly. When cold beat in the cream, whipped. Place in a mold, pack in ice and salt and let stand three or four hours. Serves 12.

ORANGE MOUSSE

½ tablespoon gelatine
2 tablespoons cold water
½ cup boiling water
¾ cup sugar
½ cup orange juice
1 tablespoon lemon juice
1 cup cream

Soften the gelatine in cold water and dissolve in boiling water. Add the sugar and fruit juices and cool the mixture until it begins to thicken. Fold in the cream which has been whipped until stiff. Turn into a mold, pack in ice and salt, and let stand three hours. Serve with a strawberry sauce made from fresh strawberries, crushed and sweetened. Serves 4.

STRAWBERRY MOUSSE

2 cups evaporated milk
1 egg white
1½ cups sugar
1 cup crushed strawberries
½ cup orange juice

Chill evaporated milk thoroughly. Put in a bowl, set in a pan of ice, add egg white and beat until stiff. Beat in the sugar, crushed strawberries and orange juice. Turn into a mold or freezer, pack in ice and salt, and let stand until frozen. Three or four hours will be required. Serves 8.

PINEAPPLE MOUSSE, MANHATTAN

2½ cups crushed pineapple
½ cup sugar
2 tablespoons lemon juice
2 cups cream
½ cup confectioners' sugar
1 teaspoon vanilla

Heat the pineapple and sugar to the boiling point, stirring until the sugar is dissolved. Cool and add lemon juice. Whip the cream until stiff and add the confectioners' sugar and vanilla. Put the pineapple mixture in the bottom of individual mold or one large mold and fill to overflowing with the whipped cream. Adjust the covers, seal with strips of cloth which have been dipped in melted fat, pack in ice and salt and let stand at least three hours. Serves 12.

RASPBERRY MOUSSE

1 cup raspberry juice
1 cup sugar
½ tablespoon gelatine
2 tablespoons cold water
1 cup cream
¼ cup confectioners' sugar

Heat raspberry juice and sugar to the boiling point. Soften the gelatine in cold water and dissolve in the hot liquid. Cool the mixture until it begins to thicken and fold in the cream

which has been whipped until stiff and sweetened with the confectioners' sugar. Turn into a mold, pack in ice and salt and let stand for at least three hours. If canned raspberries are used in this recipe, less sugar will be needed. Serves 6.

STRAWBERRY MOUSSE

Follow the recipe for Raspberry Mousse, using strawberry juice instead of raspberry.

BUTTERSCOTCH PARFAIT

1¼ cups brown sugar
2 tablespoons butter
½ cup water
3 eggs
1 teaspoon vanilla
1½ cups cream
½ cup nut meats

Put in small saucepan the brown sugar and butter and stir and boil one minute. Add the water; stir until sugar is melted and boil without stirring to 238° or until syrup forms a soft ball when tried in cold water. Pour slowly on to the egg yolks well beaten, and beat until cold and thick. Fold in the egg whites beaten stiff, the vanilla, the cream beaten stiff, and the nut meats broken in pieces. Put in paper cases, sprinkle with nut meats and place in can of ice cream freezer with waxed paper and cardboard between the layers. Surround can with ice and salt. Leave four hours or until frozen. Mixture may be frozen in small baking powder boxes or ice cream molds instead of in the paper cases. Serves 8.

STRAWBERRY PARFAIT

1 cup sugar
½ cup water
2 egg whites
1 cup strawberry purée
1 tablespoon lemon juice
1 cup cream

Boil sugar and water together until the syrup spins a thread (238° on a sugar thermometer). Pour slowly on to the stiffly beaten egg whites, beating all the time. Add strawberry purée (made by mashing fresh strawberries and rubbing through a sieve) and lemon juice, and fold in the cream, which has been beaten until stiff. Pack in ice and salt and let stand until frozen — three or four hours. Serve in parfait glasses, garnishing with whipped cream. Serves 6.

FROZEN MARASCHINO PUDDING

½ cup candied pineapple
½ cup maraschino cherries
¼ cup juice from cherries
½ cup sugar
⅛ cup water
2 egg whites
Pinch salt
1 cup cream
1 teaspoon vanilla
1 tablespoon lemon juice

Cut the pineapple in small pieces and halve the cherries. Add the cherry juice and let stand several hours. Boil the sugar and water together until the syrup spins a thread (238°). Pour it slowly on to the egg whites, which have been beaten until stiff. Add salt and beat until cool. Fold in the cream which has been whipped until stiff. Add the vanilla, lemon juice, and the fruit mixture. Pack in ice and salt and let stand three hours. Serves 6.

MERINGUE GLACÉ

Scoop out the centers of large meringues (page 302), fill with ice cream, and put together in pairs.

BERRY SHERBET

2 cups water
1 cup sugar
1½ cups mashed berries
1 tablespoon lemon juice
1 egg white

Boil water and sugar together five minutes. Cool and add berry pulp which has been rubbed through a coarse sieve. Add lemon juice. Pack in ice and salt and freeze to a mush. Add stiffly beaten egg white and finish freezing. If canned berries are used less sugar will be needed. Serves 8.

CANTON SHERBET

3 cups water
2 cups sugar
½ cup chopped preserved ginger
2 tablespoons ginger syrup
½ cup lemon juice
2 egg whites

Bring water and sugar to the boiling point and add chopped ginger and syrup. Cool, add lemon juice and stiffly beaten egg whites. Put into freezer, pack in ice and salt and freeze. Serves 8.

GINGER ALE SHERBET

1 cup sugar
1 cup water
¼ cup lemon juice
2 cups crushed pineapple
2 egg whites
1 pint ginger ale

Make a syrup of the sugar and water, cool and add lemon juice and pineapple. Turn into freezer and pack in ice and salt. When the mixture becomes very cold add egg whites, unbeaten, and ginger ale. Turn rapidly for a few minutes to beat the eggs and then more slowly until the sherbet is frozen. It is best to serve this at once before the ginger ale loses its sparkle. Serves 16.

LEMON SHERBET

2 cups water
1½ cups sugar
6 tablespoons lemon juice
1 egg white

Boil sugar and water together for five minutes. Cool and add lemon juice. Pack in ice and salt, freeze to a mush, add stiffly beaten egg white and continue freezing. Serves 6.

LEMON MILK SHERBET

½ cup lemon juice
1¾ cups sugar
1 quart milk

Mix lemon juice and sugar and add to the milk, stirring constantly. Pack in ice and salt and freeze. Serves 8.

ORANGE SHERBET

Follow the recipe for Berry Sherbet, using strained orange juice in place of the berries. Add the grated rind of one-half orange for extra flavor.

PINEAPPLE BANANA SHERBET

1 teaspoon gelatine
4 cups water
1½ cups sugar
2½ lemons
2 cups grated pineapple
3 medium sized bananas

Soak gelatine in one tablespoon cold water. Boil remaining water and the sugar twenty minutes. Add lemon juice, pineapple, crushed bananas and soaked gelatine. Cool and freeze. Serves 12.

PINEAPPLE SHERBET

Follow the recipe for Berry Sherbet, using crushed pineapple in place of the berries, and increasing the lemon juice to three tablespoons.

STRAWBERRY TAPIOCA SHERBET

2 tablespoons granulated tapioca
Pinch salt
1½ cups sugar
4 tablespoons lemon juice
1 cup strawberry purée
1 egg white

Add tapioca to the boiling water, add salt, and cook in a double boiler until the tapioca is clear. Add sugar, lemon juice, and strawberry purée (this is made by crushing fresh strawberries and rubbing them through a sieve). Cool and add the stiffly beaten egg white. Pack in ice and salt and freeze. Serves 10.

HOT DESSERTS

STEAMED PUDDINGS

Steamed puddings are cooked in molds, set in a steamer or placed on a trivet in a kettle in which water is boiling. The water need not cover the mold. A double boiler will answer for steaming puddings, the upper part serving as a mold.

Do not fill the molds more than two-thirds full, for the pudding will be heavy if the batter does not have a chance to rise completely. It is best to cover the molds so that condensed steam cannot settle on the top of the pudding, making it soggy.

Keep the water boiling continuously and have the kettle closely covered.

Steaming in individual molds cuts down the cooking time. Ordinary custard cups, covered with greased or heavy waxed paper will serve the purpose.

BAKED DESSERTS

Hot baked desserts include puddings of the cake and quick bread type, cereal puddings, scalloped fruit mixtures and soufflés. The method of baking depends upon the type of mixture used as a foundation.

BREAD PUDDING

1½ cups stale bread crumbs
3 cups milk
⅓ cup sugar
2 eggs
Pinch salt
Flavoring

Soak the bread crumbs in the milk, which has been scalded, until soft. Add sugar, slightly beaten eggs, salt and flavoring which may be any desired extract or spice. Bake in a moderate oven until firm.

One egg may be omitted, using in its place an extra quarter cup of bread crumbs.

Raisins may be added to the pudding, or it may be spread with jelly when almost done, topped with meringue and put back in the oven to finish cooking and brown the meringue.
Time in baking, 45 minutes. Temperature, 325°. Serves 6.

CHOCOLATE BREAD PUDDING

Add one and one-half squares chocolate to the Bread Pudding recipe and increase the sugar to one-half cup. Melt the chocolate, mix with the sugar and gradually add the bread and milk mixture to it, blending carefully until smooth.

CALIFORNIA BREAD PUDDING

4 slices stale bread
3 cups milk
2 eggs
⅓ cup sugar
½ cup raisins
½ cup chopped dried figs
½ cup chopped walnuts
1 teaspoon vanilla

Break or cut the bread into small pieces and soften in a little of the milk. Beat eggs and sugar together, add the rest of the milk and pour over bread. Add raisins, figs, nuts, and flavoring, and stir just enough to mix the fruit through the pudding. Pour into a baking dish and bake in a moderate oven until firm. Serve with cream.
Time in baking, 50 minutes. Temperature, 350°. Serves 8.

BROWN BETTY

2 cups stale bread crumbs
¼ cup butter or margarine
3 cups sliced apples
½ cup sugar
½ teaspoon cinnamon
2 tablespoons water
2 tablespoons lemon juice

Mix the crumbs with the melted butter. They should be coarse crumbs from stale bread rather than very dry, fine crumbs. Arrange alternate layers of sliced apples and buttered crumbs

in a baking dish, sprinkling each layer with sugar and cinnamon. Have crumbs on top. Pour the water and lemon juice over, cover and bake in a moderate oven until the apples are tender, removing the cover for the last fifteen minutes to allow the top to brown. Serve with hard sauce, cream or maple syrup.

Brown sugar or half molasses and half white sugar may be used in the recipe.

Other fruits may be substituted for the apples. Fresh peaches, cherries and rhubarb, canned fruits of various kinds and cooked dried fruits are all good. Regulate the amount of sugar according to the tartness of the fruit.

Time in baking, 50 minutes. Temperature, 350°. Serves 6.

BLACKBERRY ROLY POLY

2 cups flour
2 teaspoons baking powder
½ teaspoon salt
⅓ cup shortening
About ⅔ cup milk
3 cups blackberries
1 cup sugar
Dash of ground cloves

Sift together the flour, baking powder and salt, rub in the shortening and mix to a dough with the milk. Turn on to a floured board, roll into an oblong shape about one-fourth inch thick, lay the blackberries on this and sprinkle with the sugar into which the ground cloves have been stirred. Wet the edges of the dough, roll up and press the edges firmly together. Lay the Roly Poly in a greased baking pan, brush over the top with milk and bake in a moderate oven. Serve with hard sauce or any preferred liquid sauce. Blueberries or black or red raspberries may be substituted for the blackberries if desired. If using these omit the cloves.

Time in baking, 45 minutes. Temperature, 350°. Serves 8.

CHERRY PUDDING

2 tablespoons shortening
2 cups sugar
1 cup milk
2 cups flour
2 teaspoons baking powder
2 cups stoned cherries
1 cup hot water

Cream the shortening and add one cup of sugar. Add the milk alternately with the flour with which the baking powder has been sifted. Beat until smooth. Pour into a greased baking

dish. Mix the cherries with one cup of sugar and the hot water. Pour over the cake batter. Bake in a moderate oven. The dough comes to the top while the cherries, sugar, and water form a sauce.

Time in baking, 30 minutes. Temperature, 350°. Serves 8.

COTTAGE PUDDING

¼ cup shortening
½ cup sugar
1 egg
½ cup milk
1½ cups flour
2½ teaspoons baking powder
¼ teaspoon salt

Cream shortening and add sugar. Add well beaten egg, then the milk alternately with the flour which has been sifted with the baking powder and salt. Bake in a shallow pan in a moderately hot oven. Serve hot with a liquid sauce or crushed fruit.

Time in baking, 30 minutes. Temperature, 375°. Serves 8.

BLUEBERRY COTTAGE PUDDING

Add one cup blueberries, lightly floured, to the batter for Cottage Pudding.

MAPLE COTTAGE PUDDING

1 cup maple syrup
1 tablespoon shortening
3 tablespoons sugar
1 egg
½ cup milk
1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
Nuts

Bring syrup to boiling point and pour into a baking dish. Cream the shortening, add sugar, egg well beaten, milk, and flour mixed and sifted with baking powder and salt. Pour batter into the syrup. Bake in a moderately hot oven until well browned. Turn upside down on a serving plate and sprinkle liberally with finely chopped nuts. Serve with plain or marshmallow cream.

Time in baking, 25 minutes. Temperature, 400°. Serves 6.

FRUIT DUMPLINGS (BAKED)

Make shortcake dough (page 42), roll one-quarter inch thick and cut in four to six inch squares. Prepare fruit by paring,

coring and cutting in pieces if desired. If whole, somewhat hard fruit like apples is used it should be steamed or cooked in a little water for ten minutes. Place fruit in the center of each square of dough, sprinkle with sugar and add a little cinnamon or nutmeg. Moisten the edges of the dough, fold so that the corners will meet in the center and press the edges together. Bake in a hot oven until the crust is brown and the fruit tender.

Time in baking, 25 minutes. Temperature, 400°.

FRUIT DUMPLINGS (STEAMED)

Make baking powder biscuit dough (page 39), using only one tablespoon shortening. Roll and cut as for biscuits. Cook on top of boiling stewed fruit in a tightly covered kettle or over hot water in a steamer. Serve with stewed fruit.

Time in cooking, 12 minutes.

DATE PUDDING

2 eggs
½ cup sugar
2 tablespoons flour
1 teaspoon baking powder
1 cup dates
1 cup nut meats

Beat eggs until foamy. Add dry ingredients and continue beating. Add dates, stoned and chopped, and broken nut meats. Bake in a very slow oven. Cut in squares and serve with whipped cream.

Time in baking, 1 hour. Temperature, 250°. Serves 6.

INDIAN PUDDING

⅛ cup corn meal
½ cup cold water
1 quart scalded milk
½ cup molasses
¼ cup sugar
2 teaspoons ginger
1 teaspoon salt
1 cup cold milk

Add corn meal, mixed with cold water, to scalded milk and cook twenty minutes in a double boiler, stirring occasionally. Add molasses, sugar, ginger and salt and pour into a buttered baking dish. Bake one-half hour in a moderate oven, add cold milk and bake slowly without stirring. Serve with cream or hard sauce.

Time in baking, 4 hours. Temperature, 300°. Serves 8.

FRUITED INDIAN PUDDING

1 quart milk
½ cup corn meal
1 cup molasses
1 teaspoon salt
½ cup dried figs
½ cup puffed raisins

Scald the milk, add corn meal and cook in a double boiler for fifteen minutes. Add remaining ingredients, and bake in a greased baking dish in a slow oven.

Time in baking, 4 hours. Temperature, 300°. Serves 8.

MOCK INDIAN PUDDING

2 cups stale bread crumbs (graham, whole wheat, or half graham and half corn bread)
1 quart milk
2 eggs
⅓ cup molasses
½ cup light brown sugar
1 teaspoon cinnamon
½ teaspoon ginger
⅛ teaspoon mace

Soak crumbs in half of the milk for an hour or two. Bring slowly to scalding point. Beat eggs and add first mixture to them, beating constantly. Add sugar, molasses, spices, and the rest of the milk. Bake in a slow oven until firm. Serve warm with plain or whipped cream or top with a generous spoonful of currant, quince, or apple jelly.

Time in baking, 1½ hours. Temperature, 300°. Serves 8.

RICE PUDDING

4 tablespoons rice
1 quart milk
½ cup sugar
¼ teaspoon salt
½ teaspoon cinnamon or nutmeg

Wash rice and mix with the other ingredients. Pour into a baking dish and bake slowly until thick and creamy, stirring occasionally during the first hour. Serve with cream. A cup of raisins may be added.

Time in baking, 3 hours. Temperature, 300°. Serves 8.

APPLE RICE PUDDING

1½ cups milk
½ cup water
½ cup uncooked rice
2 tablespoons sugar
Orange marmalade
¼ teaspoon salt
1 tablespoon butter or margarine
4 or 5 medium sized apples

Heat the milk and water and stir in the rice. Steam until tender in a double boiler. Stir in the sugar, salt, and butter with a fork. Stew the apples, pared and cut in quarters, in a little water until soft. Line a buttered dish with the rice and place the cooked apples in the center. Then spread with two tablespoons (or more) of marmalade. Cover the top with rice and heat thoroughly in a moderate oven. Serve with milk or cream.

Time in baking, 30 minutes. Temperature, 350°. Serves 6.

FRUIT SHORTCAKE

Make biscuits or a large cake according to the recipe on page 42. Split while hot, butter generously and put fruit, crushed or cut in small pieces and sweetened, between the layers and on top. Serve with plain or whipped cream.

Any juicy fresh fruit or berry, cooked or canned fruit or stewed dried fruit may be used.

PRUNE SOUFFLÉ

1 cup cooked prune pulp
¼ cup prune juice
2 tablespoons sugar
2 egg whites
½ cup bread or cracker crumbs
½ cup nut meats (chopped)
1 teaspoon vanilla

Mix pulp, juice, and crumbs. Stir well. Add sugar and vanilla. Stir again, add nuts. Beat egg whites and fold into mixture. Pour into buttered dish. Set dish in pan of hot water. Bake in a moderate oven until firm. Serve with whipped cream.

Pulp of other cooked fruits may be substituted for the prunes.

Time in baking, 45 minutes. Temperature, 325°. Serves 6.

STEAMED CHOCOLATE PUDDING

⅓ cup shortening
1 cup sugar
1 egg
2 cups cake or pastry flour
¼ teaspoon salt
4 teaspoons baking powder
1 cup milk
3 squares chocolate
1 teaspoon vanilla

Cream shortening and add sugar gradually. Add beaten egg, then the flour, mixed and sifted with the salt and baking powder,

alternately with milk. Melt chocolate and add. Add vanilla. Turn into small greased molds, cover and steam one and one-half hours. Serve hot with Hard Sauce or Sunshine Sauce. Serves 8.

STEAMED FIG AND DATE PUDDING

½ cup suet
½ cup milk
½ cup molasses
1 egg
1½ cups figs
1 cup dates
1½ cups flour
½ teaspoon soda
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon cloves

Chop the suet fine and add milk, molasses and beaten egg. Cut the figs and dates in small pieces and dredge with a little of the flour. Add the remaining dry ingredients to the rest of the flour and sift. Add to the first mixture, beat well, and add fruit. Turn into a greased mold and steam three hours. Serve with Hard Sauce or Sunshine Sauce. Serves 8.

STEAMED FRUIT PUDDING

1 cup chopped suet
1 cup molasses
1 cup coffee or milk (or half coffee and half milk)
2 teaspoons cream of tartar
3½ cups flour
1 teaspoon soda
1 teaspoon salt
1 teaspoon cinnamon
Grated rind of orange or lemon
¼ teaspoon cloves
¼ teaspoon nutmeg
Pinch mace
1 cup raisins
½ cup currants
½ cup shredded citron
¼ cup candied orange peel

To the suet add the molasses, coffee or milk; cream tartar in the flour, soda in a little liquid, and beat well. Add salt and spices, and fruit as listed or as wished. Steam the pudding four or five hours. It is just as good reheated. Serves 12.

GRAHAM PUDDING

¼ cup shortening
½ cup molasses
½ cup milk
1 egg
1½ cups graham flour
½ teaspoon soda
1 teaspoon salt
1 cup raisins, seeded and cut in pieces

Melt shortening, add molasses, milk, egg well beaten, dry ingredients mixed and sifted, and raisins. Turn into greased mold, cover and steam two and one-half hours. Serves 6.

SUET PUDDING

2½ cups flour
1 teaspoon soda
½ teaspoon cloves
1 pinch nutmeg
½ teaspoon cinnamon
½ teaspoon salt
1 cup chopped suet
1 cup molasses
1 cup water

Mix flour, soda, spices and salt together and add the suet. Add the molasses and water, and stir the mixture thoroughly. Put into a greased mold that has a tight top. Steam about three hours. Serve hot with Molasses Sauce. Serves 8.

APPLE TAPIOCA

½ cup pearl or ¼ cup quick-cooking tapioca
2 cups boiling water
¼ teaspoon salt
4 medium sized apples
½ cup sugar
1 tablespoon butter

If pearl tapioca is used soak over night or several hours in cold water and drain. Add tapioca to boiling water, add salt, and cook in a double boiler until clear. Pare and core apples. Cut in halves or quarters. Place in baking dish, sprinkle with sugar, add cinnamon or nutmeg if desired, and dot with bits of butter. Cover with the cooked tapioca and bake in a moderate oven until the apples are tender. Serve hot with plain or whipped cream.

Fresh fruit such as peaches, cherries and rhubarb, canned fruit or soaked dried fruits may be used in place of the apples. Time in baking, 35 minutes. Temperature, 350°. Serves 6.

UPSIDE DOWN CAKE

3 tablespoons butter or margarine
½ cup brown sugar
½ cup chopped walnut meats
¾ pound prunes

Melt butter in iron frying pan, spread sugar evenly over this. Cover with the walnut meats, and the prunes that have been soaked overnight. Bring to boiling point. Cover with the following cake mixture.

Cake Mixture

1 egg
½ cup sugar
1 cup cake or pastry flour
1 teaspoon baking powder
¼ cup milk
1 tablespoon melted shortening
1 teaspoon vanilla

Beat egg until light, add sugar and beat well. Sift flour and baking powder, and add alternately with milk. Beat well and add shortening and vanilla. Bake in a moderate oven. This may be served with whipped cream.
Time in baking, 30 minutes. Temperature, 340°. Serves 6.

APRICOT UPSIDE DOWN CAKE

¼ pound butter or margarine
1 cup brown sugar
1 can apricots

Melt butter slightly in a heavy frying pan. Spread evenly over this the brown sugar and then the apricots with the hollows up. Cover with the batter.

Batter

3 eggs
1 cup sugar
5 tablespoons apricot juice
1 cup cake or pastry flour
1 teaspoon baking powder

Beat the egg yolks, add sugar, apricot juice and flour sifted with the baking powder. Fold in the beaten egg whites. Pour over the first mixture and bake in a moderately hot oven. When done place cake plate on top of pan and turn over on plate. Serve with whipped cream. A pan 11 inches in diameter is not any too large.
Time in baking, 20 minutes. Temperature, 375°. Serves 12.

Canned pineapple or peaches may be used in either of the Upside Down Cake recipes.

DESSERT SAUCES

Dessert sauces are divided into two general classes, hard and liquid. **Hard sauce** is an uncooked mixture of butter and sugar. **Liquid sauce** is made with sugar and some liquid — water, fruit juice, milk, cream — thickened with egg, with flour or starch, or by cooking to a syrup.

In choosing a sauce consider the nature of the dessert, its texture and color. A rich dessert should have a simple sauce; a bland one is given character by a sauce of high flavor; a dry pudding needs a liquid accompaniment; a colorless mixture is made more attractive by a colorful sauce.

BUTTERSCOTCH SAUCE

1½ cups brown sugar
½ cup white corn syrup
½ cup medium cream
4 tablespoons butter or margarine
½ teaspoon vanilla

Mix sugar, corn syrup and butter and boil until a little tried in cold water forms a very soft ball (236°). Add cream, cool and add vanilla.

CHOCOLATE SAUCE

1 square chocolate
1 tablespoon butter or margarine
¼ cup boiling water
1 cup sugar
½ teaspoon vanilla

Melt chocolate, add butter and blend thoroughly. Add boiling water gradually, stirring constantly. Add sugar and boil until a little tried on a cold plate gives the consistency desired for serving. The syrup will register about 232° on a candy thermometer. Cool slightly and add vanilla. Serve hot or cold.

CHOCOLATE MARSHMALLOW SAUCE

1 square chocolate
1 tablespoon butter or margarine
⅛ cup boiling water
¾ cup sugar
2 tablespoons white corn syrup
½ cup marshmallows

Melt the chocolate and add the butter. Add the water gradually, stirring constantly to make a smooth paste. Add the sugar and corn syrup and cook until the mixture has thickened slightly. Add the marshmallows, cut in pieces, and stir until they are melted and blended smoothly with the syrup. Serve either hot or cold.

CUSTARD SAUCE

1 egg
⅓ cup sugar
⅛ teaspoon salt
1 tablespoon cornstarch
1 tablespoon water
2 cups hot milk
1 teaspoon orange extract or vanilla

Beat egg, add sugar, salt and cornstarch moistened in the water. Add hot milk slowly to this mixture. Cook in double boiler until thick, stirring constantly. Cool and add flavoring.

Soft Custard (page 239) may also be used as custard sauce.

FOAMY EGG SAUCE

1 egg
½ cup powdered sugar
½ teaspoon vanilla
½ cup whipped cream or
1½ tablespoons milk

Beat egg white until stiff. Beat in gradually the powdered sugar. When smooth and light, add vanilla and well beaten yolk. Then stir in cream or milk. Serve at once.

FRUIT SAUCE

⅓ cup dried apricots
⅓ cup dates
⅓ cup puffed raisins
2 cups boiling water
4 teaspoons cornstarch
1 cup sugar
1 tablespoon lemon juice

Soak apricots in cold water, drain and cut in pieces. Add dates and raisins, also cut. Add the boiling water to cornstarch and sugar, mixed together, and cook in a double boiler until thick, stirring constantly. Add fruit and continue cooking for ten minutes. Add lemon juice last. Serve hot on boiled rice or plain blanc mange.

FUDGE SAUCE

1 cup sugar
4 tablespoons cocoa
1 tablespoon flour
½ cup milk
Pinch salt
2 tablespoons butter or margarine
½ teaspoon vanilla

Mix sugar, cocoa and flour. Add milk and bring to boiling point, stirring constantly. Boil for two minutes. Add salt, butter and vanilla.

HARD SAUCE

⅓ cup butter or margarine
1 cup confectioners' sugar
1 teaspoon vanilla or other flavoring

Cream the butter until it is very soft, then add the sugar gradually and beat until light and fluffy. Add flavoring. Chill before serving.

LEMON SAUCE

½ cup sugar
1 tablespoon cornstarch
1 cup boiling water
Pinch salt
2 tablespoons butter or margarine
1½ tablespoons lemon juice

Mix sugar and cornstarch, add water and salt and boil, stirring constantly, until thick and clear. Add butter and lemon juice. A little grated lemon rind or a bit of nutmeg may be added for flavoring.

MARSHMALLOW MINT SAUCE

1 cup sugar
½ cup water
16 marshmallows
2 egg whites
2 drops oil of peppermint

Boil the sugar and water five minutes. Add the marshmallows cut in pieces, and pour slowly on to egg whites beaten stiff. Flavor with the oil of peppermint.

MOLASSES SAUCE

1½ cups light molasses
1 tablespoon butter or margarine
¼ teaspoon ginger
¼ cup cream

Mix the molasses, butter, ginger and cream, and cook to the consistency of thick cream. Serve hot.

ORANGE SAUCE

2 egg whites
⅛ teaspoon salt
⅓ cup sugar
⅔ cup orange pulp and juice

Beat the egg whites until very light, add the salt and sugar and beat again. Fold in the fruit juice and pulp. The sauce must be served as soon as made.

STERLING SAUCE

½ cup butter or margarine
1 cup brown sugar
4 tablespoons cream
1 teaspoon vanilla

Cream the butter, add sugar gradually and continue creaming. Add cream gradually and vanilla.

SUNSHINE SAUCE

2 egg yolks
1 cup confectioners' sugar
1 teaspoon vanilla
1 cup heavy cream

Beat the egg yolks, add sugar and vanilla and beat together. Just before serving add the cream which has been whipped until stiff.

SUPREME SAUCE

1 teaspoon cornstarch
1 orange
1 lemon
½ cup sugar
1 cup water or pineapple juice
Small piece stick cinnamon

Mix the cornstarch with a little cold water and add the warmed juice of the orange and lemon, the sugar, water, and cinnamon. Cook all together until thickened. Strain and chill.

VANILLA SAUCE

Follow the recipe for Lemon Sauce (page 272), using 1 teaspoon vanilla in place of the lemon juice.

FRUITS

The majority of fresh fruits are most often served raw. Some, however, are more palatable when cooked; others are good either cooked or raw.

BAKED FRUIT

Prepare fruit as desired. It may be cut in pieces or left whole, pared and cored or not as preferred. Place in a baking dish and sprinkle with sugar, the amount depending on individual taste and the character of the fruit. Add a little water to fruit that tends to be dry and hard. The softer, juicier varieties need no added liquid. Bake in a hot oven until tender.

STEWED FRUIT

Pare and core fruit and cut in pieces. Add from one-half to one cup water to a quart of fruit, and sugar to taste. Cook gently until fruit is tender but not broken, or cook until very soft in water alone, and then run through a sieve and sweeten. If a heavy saucepan is used, and a low heat, almost all fruits can be cooked without water, and will have a richer flavor.

SAUTÉED FRUIT

Firm fruits like apples, bananas, peaches and pineapple (canned) are often sautéed and served as an accompaniment to meats. Peel the fruits, except apples which are most often sautéed with the skins on, and cut in pieces of the desired size. Cook in hot fat in a frying pan until tender, turning to brown on all sides. The fruit may be rolled in flour before cooking.

FRUIT COMPOTE

Make a syrup by boiling together two parts sugar to one of water. Add prepared fruit, a small amount at a time and cook

until tender. Skim out and continue until all the fruit is cooked. Boil syrup until it is quite thick and pour over the fruit. This is sweeter and richer than plain stewed fruit.

TO COOK DRIED FRUIT

Before dried fruit is cooked the water which has been removed must be restored. Wash the fruit carefully and cover with cold water (one quart water to one-half pound fruit). Let stand until plump, over night if possible. Boil slowly in the same water until tender, adding sugar when nearly done, if any is needed, or bake in a covered dish in a moderate oven (300°–325°).

Lemon or orange rind or juice, stick cinnamon, whole cloves or ginger may be used to flavor dried fruit.

BAKED APPLES

Wash and core apples. Place in a baking dish and fill cavities with sugar, allowing one to two tablespoons sugar to each apple. Cover bottom of pan with water and bake in a hot oven (400°) until soft but not broken.

A little cinnamon or nutmeg may be mixed with the sugar, or if the apples are lacking in flavor lemon juice is a desirable addition.

To vary plain baked apples, fill the centers, before baking, with dried fruit, crushed pineapple, marmalade, jam or jelly, or use maple syrup, honey or brown sugar for sweetening.

APPLE SAUCE

Pare and core apples and cut in eighths. For every quart add one-half cup water and cook, covered, until apples are tender. Mash or rub through a sieve, add one-half to three-fourths cup sugar and cook a few minutes longer. Flavor with a little nutmeg, cinnamon or grated lemon rind. The addition of a small amount of lemon juice improves sauce made from flavorless apples.

If the sauce is to be put through sieve the apples need not be peeled and cored.

BOILED CIDER APPLE SAUCE

2 cups boiled cider
2 cups water
1½ cups sugar
1 quart sweet apples

Mix cider, water and sugar. Bring to the boiling point and add apples, peeled, cored and cut in eighths. Simmer for three or four hours, until the liquid is nearly all cooked away and the apples are dark in color. Do not stir as the apples should be unbroken. If fresh sweet cider is available substitute for the boiled cider and water.

CARAMEL FRIED APPLES

3 cups apples
2 tablespoons butter or margarine
½ cup sugar
½ cup water

Use any good cooking apples. Pare and cut in good sized pieces. Let butter become hot. Put in apples, sugar, and lastly water. Let cook without stirring until apples are soft, and sugar and butter become a golden brown in the bottom of the pan. Serve with meat.

APPLES, VIRGINIA

8 firm, winter apples
4 cups sugar
2 cups water
6 blades mace
2 small lemons
1 peppercorn
Few small bits of stick cinnamon
Whole cloves

Pare the apples and drop in cold water to stand while the syrup is made. To the sugar, add the water and bring to a boil. Add mace, shredded peel of lemons, peppercorn and cinnamon. Stick four whole cloves in each apple, drop apples into boiling syrup with strained juice of the lemons. Boil fruit rapidly for five minutes, turn it over and let it simmer until tender and transparent. Skim apples out with perforated skimmer, draining away all the syrup, and arrange in a deep glass dish. Boil the syrup until it jellies when dropped on a cold plate, dip it by spoonfuls over the apples, set in a cool place and allow to harden. Serve with ham.

BAKED BANANAS

6 small bananas
1 tablespoon lemon juice
2 tablespoons sugar
3 tablespoons butter or margarine

Remove skins from bananas, cut in halves lengthwise, and arrange in a shallow baking dish. Mix lemon juice with sugar and spread over bananas. Dot with bits of butter. Bake in a hot oven until the bananas are tender.

Time in baking, 25 minutes. Temperature, 400°.

SAUTÉED BANANAS

Peel bananas, cut in halves crosswise and then again lengthwise. Roll in flour and sauté in hot fat until tender and browned, sprinkling with lemon juice and a little sugar as they cook.

CRANBERRY JELLY

1 quart cranberries
2 cups water
2 cups sugar

Pick over and wash berries, add water and cook twenty minutes. Rub through a sieve, add sugar and boil until thick — about five minutes. Turn into molds and chill.

CRANBERRY SAUCE

1 quart cranberries
2 cups water
2 cups sugar

Pick over and wash berries, add water and cook until berries are tender. Add sugar and cook five minutes.

BAKED PEACHES

Pare peaches, cut in halves, remove stones, and arrange in a shallow baking dish. In each cavity put one-half teaspoon honey, one-half teaspoon butter and sprinkle with cinnamon. Bake in a moderately hot oven until the peaches are tender.

PEARS BAKED IN MAPLE SYRUP

6 large cooking pears
¾ cup maple syrup
1 tablespoon lemon juice

Peel the pears, cut in halves and remove cores. Arrange in a baking dish and pour over them the maple syrup to which the lemon juice has been added. Cover the dish and bake in a slow oven.

Time in baking, 4 hours. Temperature, 275°.

STEWED RAISINS

½ pound seeded raisins
1½ cups cold water
1 slice lemon or orange

Cover the raisins with water and soak over night. In the morning add a slice of lemon or orange. Cook slowly till the water is mostly evaporated. Serve on cereal or with cream.

STEWED RHUBARB

Wash rhubarb and cut in inch pieces. Do not peel unless outside is tough and stringy. Add half the quantity of sugar, bring slowly to the boiling point and then cook rapidly until tender.

CAKE, COOKIES AND GINGERBREAD

All cakes are divided into two general classes — butter cakes and sponge cakes. Butter cakes are those which contain shortening. The name was given because butter was formerly the only shortening used in cake and the term is still used even though some other kind of fat goes into the batter. Sponge cakes contain no shortening. They are given a spongy texture by a large proportion of egg.

INGREDIENTS FOR CAKE MAKING

If you would have a cake of excellent quality the ingredients which go into it must be of excellent quality.

Shortening need not be butter but it must be fat of good grade. Margarine or one of the good vegetable fats will give satisfactory results. If the recipe contains a large amount of shortening a solid fat will give a better texture than an oil but in the less rich batter oil can be used.

Fine granulated sugar is needed. If only a coarse grade is available sift it through a fine sieve.

Eggs need not be strictly fresh, except for the finest sponge and angel cakes — properly kept storage eggs will answer in ordinary cakes.

Pastry flour or specially milled **cake flour** makes cakes which are more delicate and finer in texture than does bread or all purpose flour.

The liquid in cake is most often milk because of the richness and flavor which it adds. Water can always be substituted for milk without appreciably affecting the results. Fruit juice or coffee is often used for its distinctive flavor.

The method of mixing a cake has much to do with its texture.

MIXING BUTTER CAKE

First cream the shortening very thoroughly by working it with a wooden spoon. It should be as soft as whipped cream before the sugar is added. Allowing the shortening to stand in a warm room for a half hour or more

before using it will facilitate the creaming process. Never melt the shortening to soften it.

Add the sugar very slowly, beating in a little at a time so that the mixture is kept soft and fluffy.

Add thoroughly beaten eggs.

Have the dry ingredients mixed and sifted together so they are thoroughly blended. Add a spoonful to the first mixture, then add a little of the liquid and continue adding dry ingredients and milk alternately, in at least three installments.

Beat the batter just enough to mix it thoroughly — one to two minutes of ordinary beating is sufficient. Over-beating tends toward the development of large holes or tunnels in the finished cake.

If the eggs are separated, the whites beaten until stiff, and folded into the batter last the cake may gain a little in fluffiness of texture but this extra step is not ordinarily necessary. Never beat the batter after egg whites are added.

MIXING SPONGE CAKE

Since sponge cakes depend for their lightness on air incorporated in the eggs considerable beating is necessary. The eggs are usually, but not always, separated. Beat the yolks until thick and light colored, add sugar gradually, beating well after each addition so that it may dissolve partially in the moisture of the egg. Add liquid if any is used. Then add the sifted dry ingredients and last fold in the egg whites beaten until stiff. If egg whites alone are used, as in angel cake, they are first beaten until stiff, then the sugar and last the flour folded in. A sponge cake must be mixed so that the batter is a homogeneous mass but care must be taken to lose none of the air previously beaten into the eggs.

When liquid is used in a sponge cake it may be cooked with the sugar to form a syrup and the syrup poured hot on to the beaten egg whites. Then beaten yolks, if used, are added and finally the dry ingredients are folded in.

BAKING CAKE

Preparation of pans. — For a butter cake grease the pan lightly, but thoroughly, with an unsalted fat and dust lightly with flour. To further facilitate removal from the pan line the bottom with a greased white paper or heavy paraffin paper. Light paraffin paper will stick to the cake.

For sponge cake the sides of the pan should not be greased. The batter will cling better to an ungreased surface and consequently rise higher. The bottom of the pan may be greased to make it easier to remove the cake. A paper lining is not advisable because it tends to stick to the cake and is difficult to peel off.

Filling Pans. — Cake pans should ordinarily be filled not more than two-thirds full of batter to allow room for rising. Very rich cakes like pound and fruit cake rise less than plain butter and sponge cake.

Pour butter cake batter into the pan and spread it from the center toward the edges. If it is a little higher at the edges the cake will be more nearly level when baked. To break up large air bubbles rap the filled pan forcefully on the table.

Spread sponge cake batter gently in the pan and cut through it with a knife to break large air bubbles.

Temperature of Oven. — Butter cakes require a moderate to moderately hot oven, the exact temperature depending on the nature of the cake, its size, and the proportions of the pan in which it is baked. For a plain loaf of average size 350° is the correct temperature. A cake which is very rich or which contains chocolate or molasses, both of which burn easily, will bake more satisfactorily at a lower temperature. For cakes in individual or layer pans or in a shallow sheet 375° to 400° may be used.

Sponge cake bakes best at a temperature of 300° to 350°, the higher temperature being used for smaller cakes.

Time for Baking. — No definite rule can be made on this point. The time is influenced by the size of the cake, the depth of batter in the pan, and the particular oven used, as well as by the kind of cake. Loaf cakes require forty to sixty minutes (a very rich or very large cake will need even longer), layers twenty to thirty minutes, small cakes fifteen to twenty-five minutes. When a cake is done it will have shrunk a little from the sides of the pan, it will spring back when pressed with the finger tip, a broom corn or steel tester will not feel sticky after being inserted, there will be no singing sound when the cake is held to the ear.

Care of Cake after Baking. — Allow a butter cake to stand in the pan for two or three minutes after taking it from the oven so the steam will loosen it from the sides and bottom of the pan. Then remove it and let it cool on a wire rack so that air can circulate all around it. To leave a cake in the pan until it cools makes it soggy.

A sponge cake should be inverted and allowed to cool in the pan. This treatment helps to keep it from shrinking.

COMMON CAUSES OF FAILURE IN CAKE MAKING

Too hot an oven causes cake to brown over on top before it has finished rising. Then as rising continues the center portion breaks through the crust, giving a humpy, uneven shape to the loaf.

Too slow an oven allows the bubbles of gas to escape and the cake is heavy.

Too much flour makes a cake rise too high in the center and crack open. It also makes the cake dry and hard.

Too little flour allows a cake to fall.

Too much shortening makes a soggy cake with a greasy crumb.

Too much sugar causes a heavy cake with a sugary crust.

Insufficient creaming of shortening and sugar makes a coarse texture.

Too much beating after flour is added causes large holes and tunnels.

ANGEL CAKE

1 cup egg whites
¼ teaspoon salt
1 teaspoon cream of tartar
1¼ cups sugar
1 teaspoon vanilla
1 cup cake or pastry flour

Add salt to egg whites and beat until foamy. Add cream of tartar and continue beating until stiff, but not dry. A wire whip is better than a rotary beater because it incorporates more air into the egg whites. Fold in the sugar a little at a time. Add flavoring and then fold in flour which has been sifted three times. Turn the batter into an ungreased tube pan and bake in a slow oven, increasing the heat slightly for the last fifteen minutes.
Time in baking, 45 minutes at 300°, 15 minutes at 325°. Fills 9-inch tube pan.

GOLDEN ANGEL CAKE

1½ cups sugar
¾ cup water
6 eggs
1 cup cake or pastry flour
¾ teaspoon cream of tartar
½ teaspoon salt
1 teaspoon vanilla
1 teaspoon almond

Boil the sugar and water until the syrup "hairs" (238°). Beat the egg whites very stiff. Add syrup to whites slowly, beating continually. When cool, fold in dry ingredients sifted together. Fold in well beaten egg yolks and flavoring. Bake in a tube pan in a slow oven.
Time in baking, 1 hour. Temperature, 300°.

MOCK ANGEL FOOD

2 cups cake or pastry flour
2 cups sugar
1 cup boiling water
6 egg whites
¾ teaspoon cream of tartar
2 teaspoons baking powder
½ teaspoon vanilla
½ teaspoon lemon extract

Mix flour and sugar and sift six times. Add boiling water and let stand until entirely cold. Beat the whites of the eggs until stiff, adding the cream of tartar when partly beaten. Add the baking powder and stir in thoroughly. Fold into the first mixture and add the flavoring. Bake in an angel food pan in a moderately hot oven. Make three days before using.

Time in baking, 45 minutes. Temperature, 375°.

SPONGE CAKE

6 eggs
1 cup sugar
2 tablespoons lemon juice
Flavoring
1 cup cake or pastry flour
¼ teaspoon salt

Beat egg yolks until thick and light colored. Add sugar gradually, beating in each addition. Add lemon juice and flavoring which may be vanilla, lemon extract, grated lemon rind, orange rind or extract, or almond. Fold in the flour sifted three times with the salt, and when thoroughly blended fold in the egg whites which have been beaten until stiff. Mix by folding and cutting until the egg white has disappeared. Bake in an ungreased tube pan in a moderate oven.

Time in baking, 55 to 65 minutes. Temperature, 325°.

HOT WATER SPONGE CAKE

2 eggs
1 cup sugar
1 teaspoon flavoring
1 cup cake or pastry flour
1 teaspoon baking powder
Pinch salt
⅓ cup boiling water

Beat eggs until light, add sugar gradually and continue beating. Add flavoring, and flour which has been sifted with the baking powder and salt. Add boiling water. Bake in a shallow pan in a moderately hot oven.

Time in baking, 40 minutes. Temperature, 350°.

JELLY ROLL

Follow the recipe for Hot Water Sponge Cake, adding two tablespoons melted shortening after all the other ingredients have been combined. Pour into a pan about ten by fourteen inches, which has been lined with greased paper, and bake in a moderately hot oven (375°) for fifteen to twenty minutes. Turn

out on a damp cloth, cut off the crisp edges and spread with jelly or jam. Roll up quickly and when cool, sprinkle with powdered sugar.

PLAIN BUTTER CAKE

⅓ cup shortening
1 cup sugar
2 eggs
1 teaspoon vanilla
½ cup milk
1¾ cups cake or pastry flour
2 teaspoons baking powder
¼ teaspoon salt

Cream the shortening and add the sugar gradually. Add the eggs which have been well beaten and the vanilla. Add the milk alternately with the flour, baking powder, and salt which have been sifted together. Beat just enough to blend thoroughly. Turn into a greased and floured pan. Bake in a moderate oven.

Time in baking, 1 hour. Temperature, 350°. Loaf, 8 × 8 × 2 in.

LAYER AND CUP CAKES

Layer cakes and cup cakes may be made from the above recipe by using only a cup and a half of flour. Bake at 375° for twenty-five to thirty minutes.

The recipe will make 2 eight-inch or 3 seven-inch layers or 12 medium sized cup cakes.

CHOCOLATE CAKE

Add to the above recipe two squares chocolate and use only one and one-half cups flour. Melt the chocolate and add to the shortening, sugar and egg mixture.

NUT AND FRUIT CAKES

Nuts, raisins, or other dried fruits may be added to plain cake, with or without spices. Three-quarters of a cup is the right amount. Flour the fruit and nuts, using two tablespoons of flour, and stir them lightly into the batter after the mixing has been completed.

WHITE CAKE

To make a delicate white cake, use four egg whites instead of the two whole eggs. In this case the milk and sifted dry in-

gredients are added to the shortening and sugar mixture and the stiffly beaten egg whites folded into the batter at the last.

BOSTON CREAM PIE

1 egg
⅔ cup sugar
1 cup milk
2¼ cups cake or pastry flour
4 teaspoons baking powder
½ teaspoon salt
¼ cup melted shortening
Flavoring

Beat egg and add sugar. Then add, alternately, the milk, and flour, baking powder, and salt which have been sifted together. Add shortening and flavoring. Beat well. Bake in two layers in a moderately hot oven. Cool and put together with Cream Filling (page 306). Sprinkle the top with powdered sugar. Time in baking, 30 minutes. Temperature, 375°. Serves 12.

BREAD CAKE

1 yeast cake
2 cups flour
½ cup shortening
1 teaspoon baking powder
½ teaspoon nutmeg
1 cup raisins
¼ pound citron
½ teaspoon vanilla
½ teaspoon lemon
1 cup milk
1 cup sugar
1 egg

Soften the yeast in the milk, which has been scalded and cooled until lukewarm. Add one cup of flour, beat well and let rise until light — about one hour. Add the remaining ingredients, turn into a loaf pan and bake in a moderate oven.
Time in baking, 1 hour. Temperature, 350°. 1 medium sized loaf.

BRIDE'S CAKE

¾ cup shortening
1½ cups sugar
½ cup milk
2½ cups cake or pastry flour
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon vanilla
½ teaspoon almond extract
6 egg whites

Cream the shortening very thoroughly and add the sugar gradually. Add the milk alternately with the flour with which the baking powder and salt have been mixed and sifted. Add

the flavorings and fold in the stiffly beaten egg whites. Turn into a deep round pan and bake in a moderate oven.
Time in baking, 1½ hours. Temperature, 350°. Serves 20.

CHERRY CAKE

1 cup shortening
1¼ cups powdered sugar
5 eggs
3 cups cake or pastry flour
1 teaspoon baking powder
Pinch salt
¼ cup orange, lemon, and citron peel (mixed)
2 cups glacé cherries
2 lemon rinds, grated

Cream the shortening, add the sugar, and the eggs one by one, beating each in lightly. Sift together flour, baking powder, and salt. Chop fine the orange, lemon, and citron peel, and cut the cherries in halves. Stir flour lightly into the first mixture. Add the fruit and the grated lemon rinds. Mix all ingredients together. Bake in greased cake pans in a moderate oven.
Time in baking, 1½ hours. Temperature, 325°. 2 loaves.

RED DEVIL'S FOOD

¼ cup shortening
1 cup sugar
2 eggs
1½ cups cake or pastry flour
1½ teaspoons baking powder
½ teaspoon salt
½ cup thick sour milk
½ cup boiling water
2 squares chocolate
1 teaspoon soda
1 teaspoon vanilla

Cream shortening, add sugar gradually, and well beaten eggs. Sift flour, baking powder and salt three times and add, alternately with milk. Pour water into melted chocolate; mix quickly. Add soda and stir until thick. Cool slightly, add to cake mixture. Add vanilla. Bake in two medium sized layer pans. For three large layers double the recipe.
Time in baking, 25 minutes. Temperature, 350°.

EGGLESS DEVIL'S FOOD

½ cup shortening
2 cups brown sugar
Pinch salt
½ cup cocoa
1 cup sour milk
1 teaspoon vanilla
2½ cups cake or pastry flour
½ cup hot water
1 teaspoon soda

Cream shortening and add sugar, salt, and cocoa. Add sour milk and vanilla and sift in the flour slowly, stirring well. Add

hot water, in which soda has been dissolved, and beat until smooth. Bake in layers in a moderate oven.
Time in baking, 30 minutes. Temperature, 350°. 3 eight-inch layers.

FRUIT CAKE

1½ pounds seeded raisins
1½ pounds seedless raisins
½ pound candied cherries
½ pound citron
¼ pound candied orange peel
½ pound almonds
1 cup shortening
1½ cups sugar
½ cup molasses
4 eggs
½ cup grape juice
3 cups cake or pastry flour
1 teaspoon soda
½ teaspoon salt

Cut fruit and almonds (blanched) in small pieces. Cream shortening and add sugar gradually. Add molasses and beaten eggs and then add grape juice alternately with two and one-half cups of flour which has been mixed and sifted with the soda and salt. Add fruit, dredged with the remaining one-half cup of flour and mix thoroughly. Turn into pans lined with greased paper and bake in a moderate oven, or steam for the first part of the cooking period and finish in the oven. The recipe will fill three medium sized bread pans. Cakes of this size should be baked for three hours at 275° or steamed for two hours, then baked in a 275° oven for about one and one-half hours.

Recipe makes 6½ pounds.

A stone crock makes an ideal storage place for fruit cake, but any other closely covered utensil will do — an iron roaster is good or a tin box, the cover of which may be sealed with adhesive tape. Leave cake to ripen in a place where the temperature is moderate. If the cake is to be left more than six months it is a good idea to bury it in brown sugar.

WHITE FRUIT CAKE

1¾ cups shortening
2 cups sugar
1¼ cups egg whites
4¾ cups cake flour
1 teaspoon baking powder
1 teaspoon vanilla
½ cup white raisins
½ cup figs
½ cup pecan nut meats
½ cup candied cherries
½ cup pineapple
1 cup moist cocoanut

Cream the shortening thoroughly and add the sugar gradually, keeping the mixture light and fluffy by vigorous beating. Add the unbeaten egg whites, one or two at a time, beating in each addition until the mixture is completely blended. Add vanilla and three and three-quarters cups of the flour which has been sifted with the baking powder. Add the flour a little at a time and mix thoroughly. Add fruit, cut in pieces and floured with the remaining cup of flour, and the cocoanut. Pour the batter into one large or two small pans, lined with greased paper, and bake in a slow oven.
Time in baking, 2 hours. Temperature, 275°. Makes 5 pounds.

Without the fruit this cake makes a delicious White Pound Cake. It should be baked for one and one-quarter hours, starting with a temperature of 275° and increasing to 325° after half an hour.

BOILED FRUIT CAKE

2 cups brown sugar
¾ cup shortening
1 pound seeded raisins, cut in pieces
1 pound stoned dates
1 pound currants
1 cup shredded blanched almonds
2 eggs
½ cup maple syrup
2 teaspoons cinnamon
4 teaspoons cocoa
2 cups strong hot coffee
4 cups cake or pastry flour
2 teaspoons soda

Mix together all the ingredients except the last two and boil for ten minutes. Cool and add the flour with which the soda has been sifted. Turn into a well greased round pan or large loaf pan and bake in a moderate oven.
Time in baking, 1¾ hours. Temperature, 325°. 1 large loaf.

ORANGE FRUIT CAKE

½ pound candied pineapple
½ pound candied cherries
½ pound blanched almonds
¼ pound citron
1 cup orange juice
1 cup shortening
1½ cups sugar
6 egg yolks
½ pound cocoanut
2 tablespoons rosewater
3 cups cake or pastry flour
1 cup raisins

Shred pineapple, cherries and almonds and shave citron into thin slices. Cover with one-half cup orange juice and let stand over night. Cream shortening and add sugar. Add well beaten egg yolks and the cocoanut soaked one-half hour in the rose-water. Then beat in one-half cup orange juice and three cups flour. Add the mixed fruits and the raisins chopped and dredged with flour. Bake in a well greased tube pan in a slow oven. Time in baking, 3 hours. Temperature, 300°. Makes a 4-pound cake.

WEDDING FRUIT CAKE

2 cups shortening
2 cups sugar
10 eggs
1 cup molasses
1½ cups fruit juice or coffee
4 cups cake or pastry flour
3 teaspoons cinnamon
2 teaspoons cloves
2 teaspoons nutmeg
1 teaspoon mace
1 teaspoon salt
3 pounds seeded raisins, chopped
3 pounds currants or seedless raisins
1½ pounds citron, thinly sliced

Cream shortening and add sugar gradually. Add eggs well beaten and the molasses. Add liquid alternately with the dry ingredients, which have been mixed and sifted. Add fruit and mix thoroughly. Bake in three or four loaves in a slow oven. Time in baking, 3 hours. Temperature, 275°. Makes 11 pounds.

FUDGE CAKE

½ cup shortening
1 cup sugar
2 eggs
1 teaspoon vanilla
3 ounces chocolate
¾ cup milk
1¼ cups cake or pastry flour
3 teaspoons baking powder
¼ teaspoon salt

Cream the shortening and add the sugar gradually. Add the well beaten eggs, vanilla, and melted chocolate. Add the milk alternately with the flour, baking powder, and salt, which have been mixed and sifted. Beat the batter well and turn into a greased and floured loaf pan. Bake in a moderate oven. Time in baking, 50 minutes. Temperature, 325°. Loaf, $8 \times 8 \times 1\frac{1}{2}$ in.

SOUR CREAM FUDGE CAKE

3 eggs
1¼ cups sugar
1 cup sour cream
1¼ cups cake or pastry flour
4 squares chocolate
Pinch salt
1 teaspoon soda
1 tablespoon boiling water
1 teaspoon vanilla

To the egg whites beaten until stiff add the sugar. Beat five minutes and then add the egg yolks, well beaten. Add half a cup of the sour cream and the flour. Melt the chocolate, add the other half cup of sour cream gradually, and add to the first mixture. Add the salt, soda dissolved in boiling water, and vanilla. Bake in a loaf in a moderate oven.

Time in baking, 50 minutes. Temperature, 350°. Loaf, 8 × 8 × 2 in.

GRAHAM CRACKER CAKE

6 tablespoons shortening
¾ cup sugar
2 eggs
3 teaspoons baking powder
½ teaspoon cinnamon
2½ cups graham cracker crumbs
1 cup milk
½ teaspoon vanilla

Cream the shortening, add the sugar and then cream together well. Add the beaten egg yolks and beat the mixture. Mix the baking powder and cinnamon with the cracker crumbs rolled fine, and add this alternately with the milk. Last, fold in the stiffly beaten egg whites, and add vanilla. Bake in two greased layer cake pans in a moderate oven.

Time in baking, 30 minutes. Temperature, 350°.

LIGHTNING CAKE

4 tablespoons shortening
1 cup sugar
2 eggs
Milk
1½ cups cake or pastry flour
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon lemon extract

Cream shortening and sugar. Break the eggs into a cup and fill with milk. Add this to the first mixture and beat well. Then add the flour, baking powder, and salt sifted together, and the lemon extract. Beat well and turn into layer cake pans. Bake in a moderately hot oven.

Time in baking, 25 minutes. Temperature, 375°. 2 layers.

ORANGE COCOANUT LAYER CAKE

½ cup shortening
1 cup sugar
2 eggs
½ cup orange juice
1½ cups cake or pastry flour
1½ teaspoons baking powder
¼ teaspoon salt

Cream shortening and add sugar gradually. Add well beaten egg yolks and then the orange juice alternately with the remaining dry ingredients, which have been sifted together. Fold in the egg whites, beaten until stiff. Bake in layers in a moderately hot oven. Put the layers together, when cool, with Orange Filling. Frost the top and sides with Boiled Icing and sprinkle thickly with cocoanut.
Time in baking, 30 minutes. Temperature, 375°. 2 large or 3 small layers.

PEANUT BUTTER CAKE

⅓ cup peanut butter
1 cup sugar
2 eggs
1 cup milk
1 teaspoon vanilla
2 cups cake or pastry flour
4 teaspoons baking powder
¼ teaspoon salt

Cream peanut butter and sugar together. Add well beaten eggs, milk, vanilla, and the flour, baking powder, and salt sifted together. Bake in a loaf in a moderate oven. Ice with Peanut Mocha Icing (page 310).
Time in baking, 30 minutes. Temperature, 350°. Loaf, 8 × 8 × 2 in.

POUND CAKE

1 cup shortening
2 cups cake or pastry flour
2 teaspoons baking powder
4 eggs
1½ cups confectioners' sugar
2 tablespoons milk

Cream shortening and add flour with which the baking powder has been sifted. If unsalted shortening is used, add one-quarter teaspoon salt. Beat egg yolks until light and add sugar gradually, beating constantly. Add milk. Combine the two mixtures and beat thoroughly. Fold in stiffly beaten egg whites and beat until they are well incorporated. Flavor with vanilla or nut-

meg. Spread batter in a greased shallow pan and bake in a moderate oven.

Time in baking, 40 minutes. Temperature, 350°. Loaf, 10 × 14 in.

EASTER BUNNY CAKE

4 eggs
1½ cups sugar
2 cups cake or pastry flour
2 teaspoons baking powder
¼ teaspoon salt
1 cup boiling water
1 teaspoon lemon extract

Beat eggs until very light. Beat in sugar, a little at a time, and then the flour, sifted with salt and baking powder. Add boiling water, a small amount at a time, and the flavoring. Put into a large ungreased angel cake pan. Bake in a slow oven for about one hour, starting at 250° and increasing to 350°.

When cake is cold, frost as follows:

1½ cups confectioners' sugar
2 tablespoons milk
½ teaspoon almond extract
2 teaspoons melted butter or margarine
Green coloring

Moisten sugar with milk until of consistency to spread. Add flavoring and spread on top and sides of cake, saving a small amount of icing. Add melted butter to this and color a delicate green. Use it to decorate the rim of the cake, allowing it to drip over the edge to resemble grass. Make bunnies with large, fresh marshmallows, pinching with thumb and finger at one end for nose and at the other for tail. Dip toothpick in melted chocolate and make dots for eyes. Large ears are cut from white writing paper. Arrange a row of these bunnies around edge of cake while frosting is still soft.

PROPHETEN KUCHEN

1 cup sugar
½ cup shortening
3 eggs
¼ cup milk
2 cups flour
2 teaspoons baking powder

Ingredients for Crumbs

¼ cup butter
1 teaspoon cinnamon
¾ cup sugar
¼ cup flour

Cream the sugar and shortening together. Add the yolks of the eggs, milk, then the beaten whites and the flour mixed

with the baking powder. Spread in a greased baking pan and cover the top with a mixture of the other ingredients rubbed well together with the fingers until crumbs are formed. Bake in a hot oven.

Time in baking, 25 minutes. Temperature, 400°. Serves 16.

LEMON BLITZ TORTE

½ cup shortening
¾ cup powdered sugar
4 eggs
1 teaspoon vanilla
1 cup cake or pastry flour
1 teaspoon baking powder
3 tablespoons milk
¼ pound blanched almonds

Cream shortening and add sugar. Add the beaten egg yolks and vanilla. Add the flour mixed with the baking powder alternately with the milk. Spread in two shallow greased pans. Cover with a meringue made by beating the whites of the eggs very stiff and adding gradually one cup of sugar. Sprinkle this with the almonds, cut fine. Bake in a moderate oven. When cool put the layers together with a lemon custard filling.

Time in baking, 45 minutes. Temperature, 325°. Serves 8.

SHAUM TORTE

6 egg whites
2 cups sugar
1 tablespoon vinegar
1 tablespoon vanilla

Beat the egg whites to a stiff froth. Add sugar gradually, then vanilla and vinegar, beating all the while. Bake in two layers in a slow oven.

When serving put whipped cream between the layers and on top. The appearance is improved by the addition of a few berries or three or four tablespoons of jam.

Time in baking, 1 hour. Temperature, 300°. Serves 12.

SMALL CAKES

Any cake batter can be baked in small pans. It is best to decrease the flour by two to four tablespoons.

Muffin pans, pans specially designed for fancy cakes and paper baking cups are suitable for the purpose. When using the paper cups place them on a baking sheet or shallow pan or put each one in a muffin pan. The shape of the cake will be more perfect if the latter method is followed.

PLAIN CUP CAKES

Use the recipe for Plain Butter Cake, decreasing the flour to one and one-half cups.

Any of the variations suggested for Plain Butter Cake can be used for cup cakes.

BABY BALTIMORE CAKES

¼ cup shortening
½ cup sugar
4 egg yolks
Grated rind of 1 orange
¼ cup milk
⅞ cup cake or pastry flour
2 teaspoons baking powder

Cream shortening, add sugar. Add well beaten egg yolks and orange rind. Add milk alternately with flour and baking powder which have been sifted together. Bake in cup cake pans in a moderately hot oven. Cut the cakes in three slices and put together with Fruit Filling. Frost with Boiled Frosting. Time in baking, 25 minutes. Temperature, 375°. 12 cakes.

CHOCOLATE MUFFIN CAKES

1 egg
Milk
1 cup sugar
1¾ cups cake or pastry flour
1½ teaspoons baking powder
1 tablespoon shortening
2 squares chocolate

Break egg into a cup and fill up the cup with milk. Then turn into a bowl and beat. Add the sugar, flour, and baking powder, and then the shortening and chocolate, which have been melted together and cooled. Bake in muffin pans in a moderate oven. Frost with uncooked chocolate icing.
Time in baking, 35 minutes. Temperature, 350°. 14 cakes.

NUT CUP CAKES

½ cup shortening
1½ cups sugar
1 cup nut meats
4 eggs
2 cups cake or pastry flour
2 teaspoons baking powder
¼ teaspoon salt
⅔ cup milk

Cream shortening and add sugar gradually. Add the nut meats which have been coarsely chopped, the well beaten eggs, and then the flour, sifted with baking powder and salt, alternately with the milk. Bake in small pans in a moderate oven.

Time in baking, 20 minutes. Temperature, 350°. 3 dozen small cakes.

PINEAPPLE CUTIES

½ cup shortening
1 cup sugar
2 eggs
¾ cup milk
2 cups cake or pastry flour
2 teaspoons baking powder
⅛ teaspoon salt
1 teaspoon mace
1 teaspoon nutmeg
1 teaspoon vanilla
½ cup pecans
3 slices pineapple

Cream shortening and add sugar gradually. Add beaten eggs, then milk alternately with sifted flour, baking powder, salt, mace, and nutmeg. Add vanilla. Beat well, then add pecans and diced pineapple. Bake in small pans.
Time in baking, 20 minutes. Temperature, 375°. 40 very small cakes.

COFFEE-RAISIN CUP CAKES

½ cup shortening
1½ cups sugar
3 eggs
3 cups cake or pastry flour
4 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon salt
¾ cup strong coffee
1 cup seeded raisins

Cream shortening and add sugar. Add the eggs well beaten. Sift flour with baking powder, spices and salt and add alternately with the coffee. Stir in the raisins, cut in halves and lightly floured. Bake in well greased gem pans in a moderate oven.
Time in baking, 30 minutes. Temperature, 350°. 2 dozen small cakes.

CREAM EMERGENCY CAKES

3 tablespoons cocoa
1 cup sugar
1½ cups cake or pastry flour
1 teaspoon soda
¼ teaspoon salt
1 cup thick sour cream
4 eggs

Mix the first five ingredients and add to the sour cream into which the well beaten eggs have been stirred. Bake in small pans in a moderately hot oven.
Time in baking, 25 minutes. Temperature, 375°. 12 cakes.

MADELEINES

3 eggs
½ cup sugar
1 cup cake or pastry flour
½ teaspoon baking powder
Pinch salt
1 teaspoon vanilla
½ cup melted butter or margarine

Beat eggs, add sugar and beat until very light and fluffy. Fold in flour, sifted with baking powder and salt. Add vanilla and shortening. Bake in shallow individual pans (the fluted madeleine pans if possible) in a moderately hot oven. Sprinkle with powdered sugar before putting in the oven. Serve plain or with a thin coating of white frosting, decorated with candied cherries and angelica cut in fancy shapes.
Time in baking, 15 minutes. Temperature, 375°. 2 dozen small cakes.

SNOWBALLS

¼ cup shortening
¾ cup sugar
¼ cup milk
1⅛ cups cake or pastry flour
1½ teaspoons baking powder
⅛ teaspoon salt
½ cup cocoanut
1 teaspoon vanilla
2 egg whites

Cream shortening and add sugar gradually. Add milk alternately with the flour, baking powder, and salt which have been sifted together. Add cocoanut and vanilla and fold in stiffly beaten egg whites. Bake in small pans with rounded bottoms. When cold, put two together to form balls, using a little jam, custard or any desired filling to hold them together. It may be necessary to cut a little off the tops of the cakes to make them fit together well. Frost all over with a soft, fluffy boiled frosting and roll in cocoanut. The frosting can be done most easily by holding the cake on a two-tined fork.
Time in baking, 25 minutes. Temperature, 375°. 6 snowballs.

QUICK SPONGE CUP CAKES

1 cup cake or pastry flour
1 teaspoon baking powder
1 cup sugar
3 eggs
3 tablespoons cold water
Flavoring if desired

Sift flour with baking powder. Add all the other ingredients and beat five minutes. Put in muffin tins and bake in a moderate oven.

Time in baking, 20 minutes. Temperature, 350°. 16 small cakes.

COOKIES

Cookies are small cakes, baked in individual form on sheets instead of in pans. **Drop cookies** are made from a batter stiff enough to hold its shape and are dropped by spoonfuls on to the baking sheet. For **rolled cookies** a dough stiff enough to handle is used. It is rolled out on a board and cut in the desired shapes. **Wafers** and **snaps** are very thin rolled cookies. The same recipe may often be used for either type of cooky, simply by increasing or decreasing the amount of flour. Soft, thick cookies may be either dropped or rolled. Thin, crisp ones must be rolled.

The dough for rolled cookies should be as soft as can be handled. If it contains too much flour the cookies will be dry and hard instead of crisp and tender. By chilling the dough for an hour or longer before rolling it the moisture will be evenly distributed throughout and the fat will harden, making it possible to use less flour than if the cookies were rolled immediately.

To roll cookies work with only a small amount of dough at a time, using as little flour as possible on the board. A molding cloth is an aid in rolling thin cookies.

Cut the cookies with the least possible waste and save all the trimmings to be rolled together. The cookies made from the second rolling are inferior to the first and the trimmings should never be mixed with unrolled dough.

Cooky dough may be shaped into a loaf or roll, left in a cold place over night and then sliced thin with a sharp knife.

A stiff, rich cooky dough may be made into fancy shapes with a special device called a cooky press.

To shape drop cookies take a small amount of the batter on a spoon and scrape it off with another spoon or small spatula. Smooth over with spatula to make symmetrical. Cooky batter is sometimes spread in a shallow pan and the cookies cut after baking.

Leave a little space between cookies on the baking sheet to allow for spreading. Drop cookies will spread more than those which are rolled.

The time and temperature for baking cookies vary with the size and kind. Temperatures from 325° to 400° are most commonly used and the baking period is short. Avoid a very hot oven for it causes cookies to burn at the edges.

Keep soft cookies in a closely covered crock. An apple, orange or piece of fresh bread may be placed in the crock, too, to contribute moisture. The fruit will add flavor as well.

Crisp cookies should be kept in a tightly covered tin box. If they become soft they may be dried out in a slow oven.

FOUNDATION COOKY RECIPE

¼ cup shortening
¼ cup sugar
1 egg
2 tablespoons milk
½ teaspoon vanilla
About 1¼ cups cake or pastry flour
½ teaspoon baking powder
Pinch salt

Cream shortening and add sugar gradually. Add beaten egg and vanilla, then the milk alternately with the flour which has been mixed and sifted with the baking powder and salt. Use only one and one-fourth cups flour at first, then add a little more if necessary to make a dough that can be handled. The softer the dough the better the cookies will be. Chill the dough for an hour or longer. Roll very thin and cut with cooky cutters. Place on greased baking sheets and bake in a moderate oven.

These cookies may be decorated with blanched almonds or nut halves, chopped nut meats or bits of dried or candied fruit.

Variations may be made by adding to the batter chocolate, cocoanut, chopped nut meats or different flavorings.

Time in baking, 5 to 8 minutes. Temperature, 350°. 4 dozen thin cookies.

FILLED COOKIES

Make cooky dough by the foundation recipe. Roll thin and cut in rounds. On half of these place spoonfuls of jelly, jam or Fruit Filling (see page 306). Moisten the edges, cover with the remaining rounds, press edges together and bake in a moderate oven.

ALMOND COOKIES

1 cup shortening
1 cup sugar
½ pound almonds
2 eggs
½ orange
½ lemon
Cake or pastry flour

Cream shortening and add sugar gradually. Add nuts, blanched and ground fine, and the eggs well beaten. Add juice of the

orange and lemon and the grated rind of either one. Add enough flour to make a dough stiff enough to roll. Chill dough and roll very thin. Cut with cooky cutter, brush over with white of egg and sprinkle with sugar. Bake in a moderately hot oven.

Time in baking, 5 minutes. Temperature, 375°. 5 dozen small cookies.

BROWNIES

½ cup shortening
⅞ cup sugar
2 eggs
2 squares chocolate
½ cup cake or pastry flour
1 teaspoon vanilla
½ cup broken walnut meats

Cream the shortening and add the sugar gradually. Add the eggs, slightly beaten, melted chocolate and flour. Then add the vanilla and nut meats. Bake in shallow pans in a moderate oven. Cut in squares like fudge.

Time in baking, 30 minutes. Temperature, 350°. 30 squares.

CHEESE AND JELLY COOKIES

½ cup shortening
4 ounces cream cheese
2 tablespoons sugar
1 tablespoon cream
⅔ teaspoon salt
1 cup cake or pastry flour

Cream the shortening, add the cheese and mix well. Add the sugar, cream, salt, and flour and mix well. Chill in the ice box over night and then roll out thin on a floured board. Cut into squares, fill the center with jelly or with sugar, cinnamon, and nuts, fold over the corners and bake in a moderate oven. Take out of the ice box only enough dough to work with at one time.

Time in baking, 12 minutes. Temperature, 325°. 2 dozen cookies.

CHOCOLATE ICE BOX COOKIES

1 cup shortening
1½ cups sugar
2 squares chocolate
2 eggs
1 cup walnut meats
3 cups cake or pastry flour
¼ teaspoon salt
2 teaspoons baking powder

Cream shortening and add sugar gradually. Add melted chocolate, eggs slightly beaten, and nuts, broken in pieces. Add

flour which has been sifted with salt and baking powder and mix thoroughly. Pack into a loaf pan lined with greased or paraffin paper and let stand in the refrigerator over night. Turn out on to a board and slice thin. Place on greased baking sheets and bake in a moderately hot oven.
Time in baking, 10–12 minutes. Temperature, 375°. 6 dozen cookies.

BUTTER CREAM COOKIES

(May be shaped with cooky press)

1 cup butter or margarine
½ cup sugar
2 eggs
2½ cups cake or pastry flour
1 teaspoon baking powder

Cream the butter and add the sugar gradually. Add the egg yolks and mix thoroughly. Add the flour and baking powder sifted together. Mix thoroughly. Shape with a cooky press or mold into slightly flattened balls and dip tops in unbeaten egg white, then in granulated sugar. Bake in a moderately hot oven.
Time in baking, 15 minutes. Temperature, 375°. 4 dozen cookies.

DATE STRAWS

1 cup butter or margarine
1 cup white sugar
1 egg
Cake or pastry flour
2 teaspoons baking powder
Pinch salt
½ pound dates

Cream butter, add sugar and beaten egg. Sift baking powder and salt with a little flour and add to first mixture. Stone and cut dates, mix with a little flour and add. Add enough more flour to make dough stiff enough to roll. Press in pan and bake. Cut in long narrow pieces while hot.
Time in baking, 20 minutes. Temperature, 350°. 3 dozen cookies.

GINGERSNAPS

2 cups molasses
1 cup shortening
7 cups flour
1 tablespoon salt
1 teaspoon soda
1½ tablespoons ginger
1 tablespoon cinnamon

Heat the molasses and pour it over the shortening. Add sifted, dry ingredients. Chill thoroughly. Roll very thin; cut in desired shape. Bake on cooky sheets in a moderately hot oven. Time in baking, 5 minutes. Temperature, 375°. About 100 cookies.

GYPSY BROWN BURS

½ cup shortening
2 cups sugar
1 egg
1½ cups flour
2¾ cups graham flour
2 teaspoons soda
1 teaspoon salt
1 cup sour milk
2 teaspoons vanilla
1 cup seeded raisins
2 cups shredded cocoanut

Cream the shortening and sugar together thoroughly and add the well beaten egg. Mix and sift the white and graham flours, soda and salt together. After sifting the graham flour, the bran which will not go through the sifter should be put back in the flour. Add the dry ingredients alternately with the sour milk and mix thoroughly. Add vanilla and finely chopped raisins. Drop by spoonfuls on a cooky sheet and entirely cover each cooky with a thick coating of shredded cocoanut. Bake in a moderately hot oven.
Time in baking, 10 minutes. Temperature, 375°. 3 dozen cookies.

MACAROONS

½ pound almond paste
1 cup powdered sugar
3 egg whites

Work the almond paste and sugar together, using the hands. Beat the egg whites until stiff and add, a little at a time, blending the mixture until perfectly smooth. Shape with a pastry bag or with a spoon on a baking sheet covered with greased paper. Bake in a slow oven until delicately browned. Remove from the paper by rubbing a damp cloth over the under side. Time in baking, 1 hour. Temperature, 300°. 18 macaroons.

COCOANUT MACAROONS

2 egg whites
2½ cups cocoanut
⅔ cup condensed milk
1 teaspoon vanilla

Beat the egg whites until stiff, then fold into them the cocoanut, milk, and vanilla, which have been stirred together. Drop by spoonfuls on to greased pans and bake in a moderately hot oven. Time in baking, 15 minutes. Temperature, 375°. 4 dozen macaroons.

CORNFLAKE MACAROONS

2 egg whites
1 cup sugar
3 cups cornflakes
1 cup nut meats

Beat egg whites and add, gradually, the sugar, cornflakes, and nut meats. Mix well. Drop by spoonfuls on to greased paper. Bake until light brown in a moderate oven. When taken from oven, if paper is slipped on to a wet towel, the cookies can be removed easily.
Time in baking, 25 minutes. Temperature, 325°. 3½ dozen cookies.

MERINGUES

2 egg whites
Pinch salt
½ cup sugar

Beat the egg whites until stiff, adding the salt. Add the sugar gradually and beat the mixture until it will hold its shape. Drop by large spoonfuls or through a pastry tube on to white paper placed on a damp board. Bake slowly until firm and delicately browned. Remove from the paper, invert, and put back in the oven to dry.
Time in baking, 1 hour. Temperature, 300°. 12 meringues.

SOFT MOLASSES COOKIES

¾ cup shortening
¾ cup brown sugar
¾ cup molasses
2 eggs
¾ cup sour cream
2 teaspoons soda
1 teaspoon salt
1½ teaspoons ginger
1 teaspoon nutmeg
Flour

Cream shortening with sugar. Add molasses, well beaten eggs, and sour cream into which soda has been stirred. Add spices and enough flour to make a soft dough. Chill, roll to one-fourth

inch in thickness, and cut with a cooky cutter. Bake on greased baking sheets in a moderate oven.
Time in baking, 10 minutes. Temperature, 350°. 5 dozen cookies.

SOUR CREAM COOKIES

½ cup shortening
1 cup sugar
2 eggs
½ cup sour cream
1 teaspoon baking powder
½ teaspoon soda
1 teaspoon salt
3⅓ cups cake or pastry flour
1 teaspoon vanilla

Cream shortening and add sugar. Add beaten eggs, cream and remaining dry ingredients sifted together. Add vanilla. Chill the dough, roll to about one-fourth inch in thickness and cut with a cooky cutter. Place on greased baking sheets and bake in a moderate oven.
Time in baking, 12 minutes. Temperature, 350°. 4½ dozen cookies.

GINGERBREAD

Gingerbread is a simple cake containing molasses, baked usually in shallow pans. It is sometimes served as bread but more often as a dessert. It is especially good hot with butter or whipped cream but may be used cold, either with or without frosting.

GINGERBREAD MEN

¾ cup molasses
¼ cup brown sugar
⅓ cup shortening
1 egg
3 cups flour
½ teaspoon salt
1 teaspoon ginger
1 teaspoon cinnamon
3 teaspoons baking powder

Mix molasses, sugar, and melted shortening. Add the egg and beat well. Add dry ingredients which have been sifted together. Chill the dough. Roll out and cut into shapes using a tin mold, or a paper pattern and a sharp knife. Bake on a cooky sheet in a moderately hot oven. Features, buttons and trimmings

can be made with cloves, currants, raisins, and rice. Colored dresses may be put on by means of frosting tinted the desired shade.

Time in baking, 10 minutes. Temperature, 375°.

HOT WATER GINGERBREAD

1 cup molasses
½ cup sugar
½ cup shortening
2 eggs
2 cups flour
½ teaspoon ginger
¼ teaspoon allspice
1 teaspoon cinnamon
2 teaspoons soda
1 cup boiling water

Mix ingredients in order listed, dissolving soda in boiling water. Bake in a shallow pan in a moderate oven.
Time in baking, 40 minutes. Temperature, 350°. Serves 12.

SOUR CREAM GINGERBREAD

1¾ teaspoons soda
1 cup sour cream
1 cup molasses
2¼ cups flour
½ teaspoon salt
2 teaspoons ginger
¼ cup melted shortening

Mix soda with sour cream and add molasses. Sift flour, salt and ginger and add to the first mixture. Add shortening and beat well. Pour into a greased baking pan and bake in a moderate oven.

Time in baking, 1 hour. Temperature, 350°. Serves 12.

SOUR MILK GINGERBREAD

½ cup sugar
3 cups flour
2 teaspoons soda
½ teaspoon ginger
½ teaspoon cloves
½ teaspoon salt
½ cup shortening
1 cup molasses
1 cup sour milk
2 eggs

Mix and sift dry ingredients. Melt shortening, add molasses, sour milk, and well beaten eggs. Beat all together until light and smooth. Bake in a shallow greased pan in a moderate oven.
Time in baking, 35 minutes. Temperature, 350°. Serves 16.

FROSTINGS AND FILLINGS

Frosting is a sugar mixture used to cover cakes to make them more attractive and palatable. The terms frosting and icing are used interchangeably.

Cooked frosting is made by boiling sugar and liquid to a syrup and then beating until thick, with or without the addition of egg white. The mixture must be stiff enough to stay in place on the cake and adhere to the sides but sufficiently soft to spread smoothly. A candy thermometer is helpful in cooking frostings to just the right stage.

For uncooked frosting confectioners' sugar is mixed with liquid to make of the right consistency to spread. The addition of butter and the use of hot liquids prevents uncooked frostings from having a raw taste.

Filling for layer cake may be the same as the frosting, but often a less sweet mixture is more desirable. Custards thickened with cornstarch or flour, and fruits cooked to a paste are good.

Frostings and fillings may be flavored in various ways and enriched with nuts and fruit.

TO FROST CAKE

Cake should be cooled before cooked frosting is applied, but uncooked frosting will spread more easily if the cake is slightly warm. If the cake is uneven on top turn it upside down and frost the bottom. Have the surface free from crumbs.

Apply frosting first to the center of the cake and then spread it over the top and down the sides. A flexible spatula is the best tool for the purpose. If the sides are left unfrosted take care that no drops run down from the top.

Dipping the spatula frequently in hot water will give a gloss to uncooked frosting, or the frosted cake may be set in a hot oven for a few seconds.

TO DECORATE CAKE

For decorating cakes with a pastry tube uncooked frosting made with egg white or containing a good proportion of butter is best for an amateur to use. A cooked frosting like Boiled Frosting is excellent if its consistency is exactly right but it is a little difficult to handle without experience.

Nut meats, candied fruits, angelica, colored citron, tiny candies and colored popcorn make effective decoration, and are easily applied.

CREAM FILLING

1 cup milk
¼ cup sugar
2½ tablespoons flour
¼ teaspoon salt
1 egg
1 teaspoon vanilla

Scald milk, add sugar, flour, and salt mixed together and cook until thick, stirring constantly. Continue cooking, stirring occasionally, for fifteen minutes. Add egg, slightly beaten, and cook a few minutes longer. Cool and add flavoring. Enough for 8-inch 2-layer cake.

CHOCOLATE FILLING

Add to Cream Filling one square of chocolate, melted, and two tablespoons sugar.

COCOANUT FILLING

Add to Cream Filling one-third cup cocoanut.

FRUIT FILLING

1 cup seeded raisins
½ cup water
½ cup sugar
1 tablespoon flour
1 tablespoon lemon juice
Little grated lemon or orange rind

Chop raisins, add water and sugar and cook ten minutes. Add flour and cook until very thick, stirring constantly. Add lemon juice and grated rind. Cool slightly before using.

Figs, dates or soaked prunes or a combination of several fruits may be used instead of raisins. Enough for 8-inch 2-layer cake.

LEMON FILLING

½ cup sugar
1½ teaspoons cornstarch
½ teaspoon salt
2 egg yolks
1 lemon
½ cup water
1 tablespoon butter or margarine

Mix the dry ingredients, add the slightly beaten egg yolks, the juice and grated rind of the lemon, and the water. Cook in a double boiler until thick, stirring constantly. Add the butter. Enough for 1 cake.

ORANGE FILLING

2 tablespoons butter or margarine
½ cup sugar
3 tablespoons flour
1 cup orange juice
1 egg

Melt butter, add sugar mixed with flour. Add orange juice and beaten egg, and cook in a double boiler, stirring constantly, until thickened. Enough for 1 cake.

ALMOND ICING

2 egg whites
½ pound powdered sugar
½ pound almonds
Few drops almond extract
Rosewater

Beat egg whites stiff, add powdered sugar and beat; then add almonds, blanched and pounded to a paste, and almond extract. Moisten with a bit of rosewater. Spread this thickly on the cake and cover thinly when dry with smooth plain frosting. Use for fruit cakes. Enough for 2 cakes.

BOILED FROSTING

1 cup sugar
⅛ teaspoon cream of tartar
⅓ cup water
1 egg white
1 teaspoon vanilla or other flavoring

Mix sugar, cream of tartar and water and heat to the boiling point, stirring until sugar is dissolved. Boil without stirring to 238° (soft ball in cold water). Have egg white beaten until stiff. Pour hot syrup on to it in a fine stream, beating constantly. After all the syrup has been added continue beating until thick enough to spread on cake. Add flavoring.

BUTTER FROSTING

2 to 4 tablespoons butter or margarine
2 cups confectioners' sugar
Pinch salt
1 egg
Flavoring to taste

Work the butter through the sugar. Add the salt and beaten egg and beat until very creamy. Add the flavoring and spread on the cake. This recipe may be varied by adding coffee, cocoa, or maple flavor. It may also be colored. Enough for 1 large cake.

EMERGENCY CHOCOLATE ICING

4 squares chocolate
2 tablespoons butter
⅓ cup hot milk
2¼ cups confectioners' sugar
½ teaspoon vanilla

Melt the chocolate in a double boiler, then add butter and hot milk. Mix thoroughly and stir in the confectioners' sugar and vanilla. This frosting will keep for some time and will spread easily if it is re-heated in a double boiler. Enough for 2 cakes.

CHOCOLATE MOCHA FROSTING

1½ cups confectioners' sugar
3 tablespoons hot coffee
1 square chocolate
1 tablespoon butter

Moisten the sugar with the coffee. Blend melted chocolate with the butter and add to the first mixture. Beat until smooth.

VELVET CHOCOLATE FROSTING

2 squares chocolate
1 tablespoon butter
¾ cup condensed milk
½ teaspoon vanilla

Melt chocolate and add butter. Add condensed milk and flavoring and beat until thick enough to spread. Enough for 1 cake.

QUICK COOKED ICING

1 cup sugar
¼ cup water
Pinch cream of tartar
1 egg white
1 teaspoon vanilla

Put sugar, water, cream of tartar, and unbeaten egg white in the top of a double boiler. Set over boiling water and beat with a rotary egg beater until the mixture is stiff enough to hold its shape. Add vanilla. The length of time required to make this frosting depends on how vigorously the beating is

done. This frosting may be varied by the addition of chopped nut meats, candied fruit, cocoanut, chocolate and different flavorings. Enough for 1 cake.

FUDGE FROSTING

2 squares chocolate
1½ cups sugar
½ cup milk
1 tablespoon butter
1 teaspoon vanilla

Melt chocolate and mix with sugar. Add milk, place on stove and stir until sugar is dissolved. Bring to the boiling point and boil without stirring until a little tried in cold water forms a soft ball (236°). Add butter, cool until lukewarm and add vanilla. Beat until thick enough to spread on cake. Enough for 1 cake.

MARSHMALLOW ICING

1½ cups sugar
⅛ teaspoon cream of tartar
⅔ cup water
2 egg whites
2 tablespoons marshmallow cream

Cook sugar, cream of tartar, and water together until a little tried in cold water forms a soft ball (240°). Pour slowly on the egg whites which have been beaten until stiff, beating constantly. Add the marshmallow cream and beat until well blended. Put in a double boiler and cook over hot water, stirring constantly, until thick enough to hold its shape. Enough for 1 cake.

MERINGUE

2 egg whites
Pinch salt
4 tablespoons sugar

Add salt to egg whites and beat until stiff. Add sugar gradually and continue beating until stiff enough to stand up in points when the beater is lifted from it. Spread over pie or pudding and bake in a moderate oven until delicately browned and firm. Too hot an oven browns meringue before it has cooked through so that it falls as it cools. Too little sugar is often the cause for a tough, shrunken meringue.

Time in baking, 20 minutes. Temperature, 325°.

ORNAMENTAL ICING

1 egg white
1 cup confectioners' sugar
Few drops lemon juice

Add one-third cup of the sugar to the egg white and beat with a fork until thoroughly blended. Add a few drops of lemon juice and another third cup of sugar. Blend thoroughly. Add rest of sugar and beat until stiff enough to hold its shape. Long beating is required. Have cake iced with a plain uncooked icing and apply ornamental icing with a pastry tube.

PEANUT MOCHA ICING

3 tablespoons hot, strong coffee
1 tablespoon peanut butter
½ teaspoon vanilla
2 cups confectioners' sugar

Pour coffee over peanut butter. Add vanilla and sugar and beat until creamy. Enough for 1 cake.

PASTRY AND PIES

Pastry is a simple dough of flour and shortening with just enough water to hold it together, but skill in combining and handling is required to make it tender and flaky.

Flour made from soft, starchy wheat is best for pastry. This is sold under the name of pastry or cake flour. Any kind of shortening may be used. Butter and margarine, while excellent in flavor, are not quite so high in fat as lard and the various vegetable fats and make a less tender crust.

One-third cup of shortening to one cup of flour is the standard proportion; one-fourth cup will be satisfactory if the dough is deftly handled. A small amount of salt is demanded by the average taste. Baking powder is sometimes used to insure lightness but is not an essential ingredient. The exact amount of water will depend on the capacity of the flour to absorb liquid. Just enough should be used to make a dough that can be rolled; too much liquid makes a hard crust.

The more lightly pastry is handled the more successful it will be. Mix only enough to blend thoroughly; gather together with the hands and pat out before rolling but do not knead.

A heavy cloth of firm weave is more satisfactory than a board for rolling pastry. The dough does not slip or stick and the excess flour is absorbed by the cloth rather than by the dough.

Pastry needs a hot oven to make it light and flaky — 425° to 450°. For pies with filling requiring a lower temperature the heat must be reduced after the first ten minutes.

DOUBLE CRUST PIES

For a double crust pie in a nine-inch plate the recipe for Plain Pastry is right in amount. Divide the dough into two portions, one slightly larger than the other. Pat out into circular shape on a lightly floured board or cloth, roll to about one-fourth inch in thickness, keeping the circular form by rolling from the center to the edges. Use the larger piece of dough for the under crust. Fold it over in the center and lift in carefully to

the pie plate. Unfold and fit it to the plate, letting it lie loosely rather than stretching it. Trim the edges with a knife or scissors. Put filling in pie and moisten the edges of the pastry with cold water. Cut a few gashes (to allow for escape of steam) in the second sheet of pastry, making an attractive design, fold it over and lift it on to the pie. Unfold to cover the pie and trim the edges even with the plate. Press with the tines of a fork or with a pastry marker to seal and make a neat edge.

ONE CRUST PIES

One cup of flour with other ingredients in proportion is adequate for a single crust pie. Roll the pastry into circular form, and fit it to the plate like the under crust of a double crust pie. Trim the edges evenly, leaving about one-half inch extending beyond the plate. Fold this edge back on itself, making an upstanding rim at the edge of the plate. Pinch this with the fingers so that it will stay in place. This will also give it a fluted effect.

PASTRY SHELLS

For a pastry shell to be baked without filling, line a pie plate with pastry as for a one crust pie. Prick the crust all over to prevent blistering as it bakes, or fill with beans or rice (these should be removed before the baking is finished to allow the pastry to brown). Another method of keeping the pastry in place and preventing shrinkage is to fit another plate into the one which has been lined with the crust, leaving it for the first half of the baking period. A pastry shell will keep its shape quite well if fitted over the back of the plate and thoroughly pricked, but it cannot have the fluted edge.

Individual shells are baked in the same way in muffin or patty pans. For them, however, the upstanding edge is seldom used since they are deep enough without the added rim.

A convenient way of shaping pastry for small shells is to first make it into a rectangular sheet, roll like a jelly roll, and cut off in slices. These slices can then be rolled into circular form without waste.

PLAIN PASTRY

1½ cups cake or pastry flour
½ teaspoon salt
½ cup shortening
About 4 tablespoons cold water

Sift together the flour and salt and work in the shortening, using the finger tips, two knives, a fork or special pastry blender. The mixture should be of the consistency of coarse meal; take care not to work it to a smooth, greasy paste. Add water to make a dough that will just hold together, mixing lightly. This amount is sufficient for a double crust pie. For a one crust pie make the pastry with one cup flour, one-fourth teaspoon salt, one-third cup shortening and two and one-half to three tablespoons water.

FLAKY PASTRY

For a genuine flaky pastry a special method of combining the ingredients is necessary and a solid form of shortening must be used. First mix a paste as for Plain Pastry, using only three-quarters of the shortening. Roll into a rectangular sheet and over half of it dot half of the remaining shortening. Fold over, roll out lightly again and incorporate the rest of the shortening in the same way. For a still richer pastry two extra tablespoons of shortening may be used.

HOT WATER PASTRY

¼ cup boiling water
½ cup shortening
1½ cups flour
½ teaspoon salt
¼ teaspoon baking powder

Pour boiling water over the shortening and stir until the fat is melted and the two ingredients become a smooth, thick mixture. Stir in lightly the flour with which the baking powder and salt have been sifted. Chill before rolling.

PUFF PASTRY

1 pound butter
4 cups flour

Wash butter, pat and fold until no water flies. Reserve two tablespoonfuls and shape the remainder into a circular piece one-half inch thick. Work the two tablespoons of butter into

the flour. Add just enough ice water to make a dough that will hold together. Turn on to a floured board and knead one minute. Cover with a towel and let stand five minutes. Roll into a rectangular sheet one-fourth inch thick. Place butter on center of lower half of the paste, cover with the other half. Pinch edges together. Fold right side of paste over the enclosed butter, the left side under the butter. Cover and let stand five minutes. Roll one inch thick and fold in three layers. Cover and let stand five minutes. Repeat rolling and folding twice. Chill thoroughly. Roll and shape as desired and bake in a hot oven (450°).

PATTY CASES

Roll Puff Paste one-fourth inch thick. Cut in rounds two and one-half or three inches in diameter, and from half of these rounds cut out a smaller round, leaving a rim. Put together in pairs, one cut piece on a whole one, brushing the edges of the lower piece with cold water. Place on a pan covered with two layers of brown paper and bake in a very hot oven (500°). The time required will be about 25 minutes.

CHOUX PASTE (CREAM PUFF OR ÉCLAIR CASES)

Choux paste comes under the general heading of pastry although it is quite different in character from the forms of pastry used for pies. It is used for cream puffs and éclairs.

½ cup butter or margarine
1 cup boiling water
1 cup cake or pastry flour
Pinch salt
3 eggs

Put butter and water in a saucepan and bring to the boiling point. Add flour and salt and stir vigorously until the mixture makes a ball that comes away from the sides of the pan. Remove from fire, add unbeaten eggs, one at a time, beating each one in thoroughly before adding the next. Form in the desired shape on a greased baking sheet. For eclairs make long narrow strips, preferably with a pastry bag. Shape cream puffs with a spoon or pastry tube, making them as nearly round as possible with the batter slightly heaped in the center. Bake in a moderate oven until thoroughly done. If not cooked

enough they will fall when taken from the oven, and if too high a temperature is used they will burn on the outside before they are cooked through.

Time in baking, 45 minutes. Temperature, 325°. 12 medium sized puffs or éclairs.

PIES

APPLE PIE

Line a pie plate with pastry. Fill with apples which have been pared, cored, and cut in thin slices. Add about a cup of sugar (the exact amount will be governed by the tartness and flavor of the apples) with which a tablespoon of flour has been mixed. Sprinkle with cinnamon or nutmeg. Cover with a top crust and bake in a hot oven until the apples are soft and the pastry done. If the apples are lacking in flavor a little lemon juice is a good addition.

Time in baking, 45 minutes. Temperature, 400°.

BANANA CUSTARD PIE

3 eggs
¼ cup sugar
½ teaspoon salt
¼ teaspoon nutmeg
1½ cups milk
2 bananas
1 teaspoon lemon juice
¼ cup cocoanut
Pastry

Beat eggs slightly and add sugar, salt, nutmeg, and milk. Put bananas through a sieve and add to custard mixture. Add lemon juice. Pour into a pastry lined pie plate and sprinkle with the cocoanut. Bake until firm, having the oven hot for the first ten minutes and then reducing to moderate.

Time in baking, 10 minutes, 425°; 35 minutes, 350°.

BLUEBERRY PIE

Pastry
4 cups blueberries
1 cup sugar
1 tablespoon flour
1 tablespoon butter or margarine

Line a pie plate with pastry. Put in berries and add sugar with which the flour has been mixed. Dot over with bits of butter and cover with pastry. Put in a hot oven for ten minutes, then reduce to moderately hot.

This recipe makes a pie in a nine-inch plate, one inch deep. For a smaller plate use three cups of berries and three-fourths cup sugar.

Time in baking, 10 minutes at 425°; 40 minutes at 375°.

For Blackberry Pie and Raspberry Pie follow these same directions.

BUTTERSCOTCH PIE

3 tablespoons butter
6 tablespoons flour
¾ cup brown sugar
¼ teaspoon salt
2 cups milk
2 eggs
½ teaspoon vanilla
¼ cup sugar
Baked pastry shell

Cream the butter and flour together. Add the brown sugar and salt. Pour the milk on gradually and cook in a double boiler for fifteen minutes, stirring constantly until thickened. Add egg yolks well beaten. Cool slightly and add vanilla. Turn into a previously baked shell, top with meringue made by beating the whites of the eggs until stiff and adding the sugar, and brown in a moderate oven.

Time in baking, 20 minutes. Temperature, 325°.

CALIFORNIA MINCE PIE

1 cup dried apricots
1 cup dried prunes
1 cup raisins
½ cup citron, chopped
1 orange (juice)
½ teaspoon ground cinnamon
½ teaspoon nutmeg
¼ teaspoon cloves
½ cup walnuts, chopped
½ cup almonds, chopped
1 cup sugar
Pastry

Pour boiling water over the apricots and prunes. Drain, cover with cold water and let stand three hours. Remove skins from apricots and stones from prunes, and cook in the water in which they were soaked, until the water is nearly cooked away. Then mix with the other fruits, spices, nuts, and sugar. Bake between two crusts in a hot oven.

Time in baking, 30 minutes. Temperature, 425°. 2 pies.

CHERRY PIE

Pastry
3 cups stoned cherries
1 cup sugar
1 tablespoon flour
2 tablespoons butter

Line a pie plate with pastry and fill with the cherries. Add the sugar, mixed with the flour, and dot over with bits of butter. Cover with pastry and bake in a hot oven.

Time in baking, 35 minutes. Temperature, 400°.

CHOCOLATE CREAM PIE

2 squares chocolate
2 cups milk
5 tablespoons flour
¾ cup sugar
Pinch salt
2 eggs
1 tablespoon butter or margarine
1 teaspoon vanilla
Baked pastry shell

Melt chocolate, add milk gradually, stirring constantly until smooth, and heat in a double boiler. Mix flour, sugar and salt, and add to the milk. Stir until thickened and then cook for fifteen minutes. Add eggs, slightly beaten, and cook three minutes longer. Add butter, cool slightly and add vanilla. Put into a baked pastry shell. Serve cold with whipped cream or cover with meringue and brown in a moderate oven.

CRANBERRY PIE

2 cups cranberries
½ cup seeded raisins
½ cup water
1 cup sugar
Pinch salt
2 tablespoons flour
Pastry

Add to the cranberries the raisins cut in pieces and the water. Mix the sugar, salt, and flour and add. Bring to the boiling point, stirring constantly, and cook until thickened. Turn into a pastry lined pie plate, and make a latticed top of strips of pastry. Bake in a hot oven.

Time in baking, 30 minutes. Temperature, 400°.

CUSTARD PIE

3 eggs
5 tablespoons sugar
⅛ teaspoon salt
2 cups milk
1 teaspoon vanilla
Nutmeg
Pastry

Beat the eggs slightly and add sugar, salt, milk, and vanilla. Strain into a pie plate, lined with pastry which has been thoroughly chilled. Sprinkle with nutmeg. Put into a hot oven and after ten minutes reduce the temperature to moderate.

Time in baking, 10 minutes, 400°; 30 minutes, 350°.

GRAPEFRUIT–RAISIN PIE

- 1½ cups chopped raisins
- 1 cup sugar
- 1 grapefruit (juice)
- 2 egg yolks
- ½ cup hot water
- 1 tablespoon butter or margarine
- 3 tablespoons quick-cooking tapioca
- Baked pastry shell

Mix raisins, sugar, grapefruit juice, egg yolks, butter, and water and bring to boiling point. Add tapioca and cook, stirring frequently, until the tapioca is clear and the mixture thick. Place in previously baked deep shell, and cover with meringue made with the whites of the eggs and four tablespoons of sugar. Brown in a moderate oven.

Time in oven, 20 minutes. Temperature, 325°.

LEMON PIE

- 2 cups milk
- 1 cup sugar
- ¼ teaspoon salt
- 3 tablespoons cornstarch
- 2 eggs
- 4 tablespoons lemon juice
- Grated lemon rind
- Baked pastry shell

Scald milk. Mix sugar, salt, and cornstarch and pour milk on gradually. Cook in a double boiler for fifteen minutes, stirring constantly until thickened, afterwards occasionally. Beat egg yolks and add to first mixture. Cook three minutes, stirring occasionally. Remove from stove, add lemon juice and the grated rind of one lemon. Cool slightly and pour into a baked crust. Cover with meringue made from the egg whites (see page 309). Brown in a moderate oven.

Time in oven, 20 minutes. Temperature, 325°.

LEMON CAKE PIE

- 1 cup sugar
- 1 tablespoon butter or margarine
- 2 eggs
- 1 cup milk
- 2 tablespoons flour
- 1 lemon
- Pastry

Blend together the sugar and butter. Stir in the egg yolks, milk, flour, and grated rind and juice of the lemon. Then fold in the stiffly beaten egg whites. Pour into unbaked pie crust and bake until firm, having the oven hot for the first ten minutes and then reducing to moderate. The top will be like sponge cake and the bottom like a custard.

Time in baking, 10 minutes, 450°; 20 minutes, 325°.

MINCE PIE

Make a double crust pie, using mincemeat as a filling. Bake in a hot oven until the pastry is browned.

Time in baking, 40 minutes. Temperature, 400°.

OLD-FASHIONED MINCEMEAT

6 cups cooked meat
3 quarts apples
1½ cups suet
2 pounds brown sugar
1½ cups molasses
3 cups seedless raisins
1 tablespoon cinnamon
1 teaspoon nutmeg
1 teaspoon cloves
½ teaspoon mace
¼ cup salt
Broth
Cider
Orange and lemon juice, candied peel, etc.

To the chopped meat add the apples and suet — each put through a meat chopper. Then add the other ingredients, including the broth in which the meat was cooked and as much cider as is needed to moisten.

To this foundation add the juice and grated rind of a lemon and orange, and any odds and ends of jelly and jam; also candied orange-peel and fruit, cut in bits, if possible; increase the quantity of fruit, adding a cup or so of thinly sliced citron, a package — or less — of currants, and more raisins; the syrup remaining from sweet pickle is a particularly good addition; also that from canned fruits. Simmer three or four hours, taste and add more spices, salt, or sugar, if your own taste dictates; store in a large stone crock, or can in glass jars while boiling hot.

For convenience, Hamburg steak, run through the food chopper, may be used. Makes eight pints.

MOLASSES PIE

1 cup sugar
2 tablespoons butter or margarine
3 eggs
1 cup dark molasses
1 teaspoon nutmeg
Pastry

Cream the sugar and butter, add well beaten egg yolks. When well blended, add molasses, nutmeg and stiffly beaten egg whites. Bake in pan lined with rich pastry until firm, having the oven hot for ten minutes, then reducing to moderate.

Temperature, 450° for 10 minutes; 325° for 40 minutes.

ORANGE PIE

2 cups orange juice
1½ cups sugar
½ cup flour
4 egg yolks
2 teaspoons butter or margarine
3 tablespoons lemon juice

Heat orange juice in a double boiler. Add sugar, flour, and egg yolks mixed together. Cook for fifteen minutes, stirring constantly until thickened. Add butter and lemon juice and cool slightly. Turn into a baked pastry shell, cover with a meringue made with two of the egg whites and one-fourth cup of sugar, and brown in a moderate oven.

Time in oven, 20 minutes. Temperature, 325°.

PINEAPPLE PIE

2 eggs
¾ cup sugar
4 tablespoons flour
Pinch salt
2 tablespoons lemon juice
2 cups crushed pineapple
Pastry

Beat the eggs, add sugar which has been mixed with the flour and salt, lemon juice and pineapple. Line a pie plate with pastry, put in the filling and cover with a top crust. Bake in a hot oven.

Time in baking, 45 minutes. Temperature, 400°.

PRUNE PIE

3 cups cooked, pitted prunes
½ cup sugar
2 tablespoons lemon juice
¼ cup prune juice
Pastry

Cut prunes in quarters and add sugar, lemon juice and prune juice. Put into pastry lined pie plate, cover with top crust and bake in a hot oven.

Time in baking, 45 minutes. Temperature, 400°.

PUMPKIN PIE

2 cups cooked and strained pumpkin
2 teaspoons melted butter or margarine
½ teaspoon salt
1 cup sugar
½ teaspoon cinnamon
¼ teaspoon cloves
½ teaspoon mace
½ teaspoon ginger
1 cup milk
½ cup cream
2 eggs
Pastry

Add to the pumpkin the butter, salt, sugar, spices, milk, cream and well beaten eggs. Pour into a pastry lined pie plate, put into a hot oven and after ten minutes reduce the heat to moderate. Bake until the filling is firm.

In order to have pumpkin pie at its best, prepare the pumpkin by cooking it very slowly until it has lost most of its moisture and taken on a rich, golden brown color.

Time in baking, 10 minutes, 425°; 50 minutes, 350°. 1 large pie.

RAISIN PIE

2 cups seeded raisins
1½ cups boiling water
½ cup sugar
2 tablespoons cornstarch
1 tablespoon grated orange rind
1 tablespoon grated lemon rind
2 tablespoons lemon juice
Juice of 1 orange
1 cup chopped walnuts
Pastry

Cook raisins in the boiling water five minutes. Add cornstarch and sugar and cook until thick. Remove from fire and add other ingredients. Bake between two crusts. Walnuts may be omitted.

Time in baking, 25 minutes. Temperature, 400°.

SQUASH PIE

2 cups cooked squash
2 eggs
1 cup brown sugar
½ teaspoon salt
⅛ teaspoon mace
⅛ teaspoon ginger
¼ teaspoon cinnamon
2 cups rich milk
Pastry

Bake or steam squash and press through a sieve. Beat eggs, add sugar, squash and remaining ingredients. Turn into a pastry lined pie plate. Put into a hot oven and after ten minutes reduce the temperature to moderate and bake until filling is firm.

Time in baking, 10 minutes at 425°; 50 minutes at 350°.

SWEET POTATO PIE

2 cups cooked mashed sweet potato
2 tablespoons butter or margarine
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon salt
½ cup light brown sugar
2 eggs
2 cups milk

Rub the sweet potato through a ricer or coarse sieve so that it will be free from lumps. Add melted butter, spices, salt and sugar. Beat eggs slightly, add milk and combine with the sweet potato mixture. Pour into pastry lined pie plate and bake until firm, starting with a hot oven and reducing to moderate.

Time in baking, 10 minutes at 450°; 50 minutes at 325°.

TARTS AND SMALL PASTRIES

Any one crust pie can be made in individual form and is then called a tart. Tarts also include tiny turn-over pies and very small pastry shells filled with jelly, jam or other filling.

BANANA PASTRIES

Line small pans with plain or puff pastry. Bake in a hot oven until delicately browned. When cool, half fill with cooked cream filling or with raspberry jam. Cover with overlapping slices of banana dipped in melted currant jelly, and sprinkle with almonds blanched, browned in the oven and finely chopped.

CANTERBURY TARTS

1 cup raisins
1 cup sugar
1 egg
1 soda cracker (crumbs)
2 tablespoons lemon juice
Lemon rind
Pastry

Chop raisins, add sugar, egg slightly beaten, cracker crumbs, lemon juice and grated rind. Cut oblongs of pastry about three and one-half by two inches. Cut strips of dough and twist. Dampen edges of each oblong and put a twisted strip around. Fill with raisin mixture and bake in a hot oven. When partly baked, place a marshmallow on top of each tart and finish baking.

Time in baking, 20 minutes. Temperature, 400°. 10 tarts.

CHEESE STICKS

Roll rich pastry about a quarter of an inch in thickness, spread lightly with softened butter, and sprinkle with grated cheese. Fold over and roll out again. Repeat the process, cut the pastry in strips about four inches long and a third of an inch wide, and bake in a hot oven until delicately browned.

Time in baking, 10 minutes. Temperature, 450°.

CHESS PIES

1 cup sugar
½ cup butter or margarine
3 eggs
1 cup raisins
1 cup English walnut meats
½ teaspoon vanilla
Pinch salt
Pastry

Cream sugar and butter. Add eggs and mix thoroughly. Into this mixture stir raisins and walnuts. Add salt and flavoring. Line individual patty pans with pastry rolled thin. Fill with the fruit mixture. Put into a hot oven and reduce the temperature after ten minutes. Cool and serve with whipped cream.

Time in cooking, 10 minutes at 400°; 20 minutes at 325°. Serves 12.

PEACH AND APRICOT TARTS

1 cup dried peaches
1 cup dried apricots
1¼ cups sugar
1 tablespoon lemon juice
1 tablespoon butter or margarine
Pastry

Soak the fruit in cold water and cook until soft. Drain, cut in pieces and add sugar and lemon juice. Line tart pans with rich pastry, fill with the fruit mixture, and dot with bits of

butter. Bake in a hot oven. When cool, remove from the pans and garnish with whipped cream.

Time in baking, 30 minutes. Temperature, 425°. 6 tarts.

RAISIN SQUARES

1 cup seedless raisins
¾ cup sugar
3 tablespoons lemon juice
1 egg
Pastry

Chop raisins, add sugar, lemon juice and beaten egg. Line a shallow cake pan with pastry, letting it come up about one-quarter inch around the sides. Put in a thin layer of the raisin filling, cover with pastry, pressing the edges together. Bake in a hot oven; cut in squares when cool.

Time in baking, 20 minutes. Temperature, 400°. Makes 9 two and one-half inch squares.

RASPBERRY TARTS

1 cup canned raspberries
1 lemon
1 cup sugar
Baked tart shells
Meringue

To the raspberries add the juice and grated rind of the lemon and the sugar. Boil down to the consistency of jam. Fill baked tart shells and top with a bit of meringue. Brown in a moderate oven.

Time, 15 minutes. Temperature, 325°. 6 tarts.

STRAWBERRY JELLY TARTS

1 quart strawberries
¾ cup sugar
1 tablespoon gelatine
¼ cup cold water
¼ cup boiling water
Baked pastry shells

Cut strawberries in pieces, add sugar and let stand at least an hour. Soften gelatine in cold water, dissolve in boiling water and add to berries. Let stand until partially thickened. Pile in individual tart shells and let stand until firm. Garnish with whipped cream. 8 tarts.

SANDWICHES

The regulation sandwich consists of two slices of bread with filling between, but this form is varied in many ways and still called a sandwich. The top slice of bread may be omitted, making an "open face" sandwich, a number of slices may be arranged to give a layer or checkerboard effect, or the bread may be rolled. Biscuits, rolls or toast may be used instead of bread as a sandwich foundation.

There are three general classes of sandwiches — lunch box or picnic sandwiches, whole meal sandwiches and afternoon tea sandwiches.

POINTS ON MAKING SANDWICHES

Use bread that is twenty-four hours old. It is difficult to cut fresh bread. Crusts need not be removed, except for very dainty sandwiches, if the loaf is even in shape and the crust not hard. Cut the bread in even slices.

Cream the butter until it is soft enough to spread smoothly but do not melt it. Keep the slices in the order in which they were cut so that they can be fitted together in pairs. Butter both slices for each sandwich, spreading the butter smoothly so that it covers the bread completely. Whether it is used generously or sparingly depends upon the nature of the filling and the occasion on which the sandwich is to be served.

Chop ingredients for sandwich filling fine enough to make a smooth mixture. Use the filling generously and spread it to the edges of the bread. Trim sliced meats and vegetables to correspond to the shape of the sandwich.

If sandwiches are to stand for any length of time before serving wrap them in a cloth which has been dipped in cold water and wrung very dry.

Left-over sandwiches can often be served to good advantage at luncheon or supper by toasting them or dipping in a mixture of slightly beaten egg and milk (one egg to one-half cup milk) and sautéing in butter or other cooking fat until heated through and delicately browned.

LUNCH BOX SANDWICHES

The lunch box or picnic sandwich forms an important part of the meal so it must be substantial in character. Since it must be packed and is not eaten for several hours after it is made, soft, moist fillings and watery vegetables are to be avoided.

When packing sandwiches wrap them in paraffin paper, keeping the different varieties separate.

The following are simple fillings suitable for the lunch box sandwich:

Sliced meat seasoned with salt, prepared mustard, catsup, salad dressing or a chopped relish. Chopped meat moistened with salad dressing or chili sauce. Minced fish moistened with salad dressing. Chopped celery or cucumber may be added. Cheese, sliced, or mashed and moistened with cream. Hard cooked eggs, chopped and mixed with salad dressing or melted butter. Olives, chopped and mixed with mayonnaise. Nut butters. Jellies and jams. Lettuce or minced raw vegetables (carrots, celery, cabbage), if the sandwiches do not have to stand too long in a warm place.

MIXED CHEESE SANDWICHES

½ pound American cheese
1 tablespoon butter
2 tablespoons catsup
1 tablespoon prepared mustard
1 tablespoon chopped green pepper
1 small onion
1 tablespoon chopped parsley
Salt and paprika

Mash the cheese and mix with the butter, then add the other ingredients. Mix well. Spread on thinly sliced buttered bread with lettuce between slices.

CONCORD SANDWICHES

1 cup deviled ham or potted meat
½ cup stuffed olives
1 hard cooked egg
1 small onion

Put all ingredients through the meat chopper and moisten with salad dressing. Spread between thin slices of bread.

FLORIDA SANDWICHES

4 hard cooked eggs
½ pound American cheese
4 large sweet peppers
Salad dressing or sweet cream
Salt
Pepper

Put egg, cheese and peppers through grinder. Moisten with salad dressing or cream. Season to taste with salt and pepper. Put between slices of buttered bread.

OLIVE AND CELERY SANDWICHES

30 large olives
6 stalks celery
6 sweet cucumber pickles
6 tablespoons mayonnaise
3 tablespoons ketchup
1 teaspoon prepared mustard

Chop the olives, celery and pickles very fine, and blend with the other ingredients. Spread this filling on thin slices of buttered bread.

ROQUEFORT-CELERY SANDWICHES

2 cups chopped celery
1 teaspoon scraped onion
Mayonnaise
6 tablespoons Roquefort cheese
4 tablespoons cream

Mix celery and onion and moisten with mayonnaise. Season to taste with salt and pepper. Mash cheese and mix to a paste with cream. Spread a slice of buttered bread with the cheese, cover with celery mixture, and cover with another slice of buttered bread.

SARDINE SANDWICHES

1 cup minced sardines
½ cup stuffed olives, chopped
1 teaspoon scraped onion
1 tablespoon chopped parsley
1 tablespoon lemon juice
3 tablespoons cream

Mix all the ingredients and spread between buttered slices of brown bread.

SAVOURY SANDWICHES

1 package (3 oz.) cream cheese
½ teaspoon salt
Few grains paprika
6 chopped stuffed olives
2 chopped sweet gherkins
Mayonnaise

Mash cheese, season with salt and paprika, work in olives and gherkins and add enough mayonnaise to make a smooth paste. Spread on thin slices of unbuttered white or whole wheat bread, cover with a buttered slice and cut in strips for serving. A lettuce leaf may be used in each sandwich if desired.

TOMATO-CHEESE SANDWICHES

1 cup canned tomato soup
¼ pound cheese
1 egg

Use the soup undiluted. Heat in a double boiler, add the cheese, grated, and stir until the cheese is melted. Add the egg, well beaten, and cook until the mixture is thick, stirring constantly. Cool and spread between buttered slices of whole wheat bread.

WHOLE MEAL SANDWICHES

Whole meal sandwiches, served at the table and eaten with a fork, are made from substantial slices of bread and contain a generous amount of a hearty filling. Hot sandwiches — toasted, sautéed or served with a hot sauce — are particularly appetizing on a cold day.

Salad mixtures, particularly chicken, lobster, crab meat, salmon, tuna fish or any white fish with celery or cucumber and mayonnaise are particularly good. Lettuce, sliced tomatoes and cucumber makes an excellent summer lunch sandwich.

Sandwiches of sliced or chopped meat served with hot gravy, and toasted cheese sandwiches with tomato sauce are examples of simple hot sandwiches.

BACON AND CHEESE SANDWICHES

3 eggs
½ pound grated American cheese
1 teaspoon Worcestershire sauce
1 teaspoon salt
1 teaspoon paprika
½ teaspoon dry mustard
8 slices bread
Bacon

Beat eggs until light. Add cheese, Worcestershire sauce, salt, paprika, and mustard. Mix thoroughly and spread in a thick layer on slices of bread. Cover the mixture with bacon cut in small dice, place on a baking sheet and bake in a hot oven until the bacon is crisp. Serve at once.

Time in baking, 8 minutes. Temperature, 400°.

BARBECUE SANDWICHES

Slice meat which has been roasted, barbecue style (see Roast Fresh Ham, Barbecue Style, page 109). Dip in the gravy and put between slices of buttered bread. Instead of gravy a highly seasoned tomato sauce may be used to moisten the meat.

TOASTED CHEESE SANDWICH

Allow two slices of bread one-fourth inch thick for each sandwich. Butter both slices and between them put thin slices of a soft American cheese. Toast slowly so that the cheese will have time to melt.

CLUB SANDWICH

Between two slices of hot toasted bread, well buttered, put the following ingredients. Lettuce first, then generous slices

of chicken, two or three slices of tomato (depending on size), three or four slices of cucumber, one large slice or two smaller slices of well crisped bacon. Between the layers put mayonnaise dressing (much, or little as one likes). Garnish top slice of toast with a cucumber ring filled with dressing. This is a delicious sandwich, and the garnish of cucumber and dressing is most attractive. For an added garnish a tiny leaf of lettuce or a celery tip may be stuck upright in the dressing.

BALTIMORE CLUB SANDWICHES

1 No. ½ can crab meat (1¼ cups)
4 small tomatoes
Lettuce
Mayonnaise

Flake crab meat and mix with mayonnaise. Arrange heart leaves of lettuce on buttered plain bread or bread that has been toasted on one side. Put a little mayonnaise on the lettuce and cover with slice of tomato. Spread the crab mixture over the tomato and cover with a second slice of bread or toast. Serve immediately.

CURRIED CHICKEN SANDWICHES

1 cup finely chopped cooked chicken
1 cup finely chopped cooked ham
½ to 1 teaspoon curry powder
¾ cup thick white sauce
6 slices bread
Fine bread crumbs

Mix chicken and ham, add curry powder and white sauce. Toast slices of bread on one side, spread the untoasted side (buttered) with a generous layer of the chicken curry and sprinkle thickly with very fine bread crumbs. Place on a baking sheet and bake for five minutes in a hot oven or until the crumbs are brown. Serve hot.

DEVILED HAM TOASTIES

1 tablespoon butter or margarine
1½ tablespoons flour
½ cup milk
1 small can (2¾-oz.) deviled ham
12 slices bread (buttered)

Melt the butter, add the flour and mix to a smooth paste. Add milk gradually and cook until thickened, stirring constantly.

Add deviled ham and blend thoroughly. Cool and spread between buttered slices of bread. Cut in halves and sauté in butter until golden brown. Serve very hot.

HOT HAM SANDWICHES

2 cups chopped ham
2 hard cooked eggs, chopped
Mayonnaise
Chili sauce

Mix ham and eggs and moisten with equal parts of mayonnaise and chili sauce. Spread between slices of buttered bread, dip in a mixture of two eggs and one cup of milk and sauté in butter or cooking oil. Serve immediately.

AFTERNOON TEA SANDWICHES

For functions like afternoon tea the dainty sandwich is the rule. The bread should be cut almost wafer thin and the crusts removed. Fancy cutters help make the sandwiches attractive and a garnish of a bit of jelly, a slice of olive, a nut meat, a rosette of cream cheese or a strip of pimiento will give a festive air.

Party sandwiches are usually eaten from the fingers so they should be of a kind that can be handled easily, and cut small.

ALMOND SANDWICHES

1 package (3 oz.) cream cheese
1 tablespoon lemon juice
¼ pound salted almonds

Mash cheese, mix thoroughly with lemon juice. Work in chopped almonds. Spread between thin slices of whole wheat bread, cut in strips or small triangles and garnish each sandwich by pressing half an almond firmly into the center of the top of the bread.

TOASTED APRICOT SANDWICHES

½ cup dried apricots
Sugar
Cinnamon

Wash apricots and soak several hours in cold water to cover. Cook slowly until soft. Force through strainer, sweeten to taste, and cook until of the consistency of thick jam. Cool and spread between thin slices of buttered bread, sprinkling cinnamon over the jam. Toast quickly on both sides and serve immediately.

BREAD AND BUTTER ROLLS

Remove the crust from a small loaf of fresh bread and cut the bread in thin slices. Pile together again and wrap tightly in a dampened napkin. Let stand in a cool place at least an hour. Then spread each slice with well softened butter and roll up. The damp cloth softens the bread so that it should roll without breaking. Any soft creamy filling may be used or a small lettuce leaf may be tucked in the top of each roll.

CELERY AND NUT SANDWICHES

Spread thin slices of brown or white bread with butter, then with finely chopped celery and walnuts mixed together in the proportion of one part nuts to two parts celery, and moistened with mayonnaise. Press two slices of bread together and cut into strips or triangles.

CHECKERBOARD SANDWICHES

Both light and dark bread are necessary for checkerboard sandwiches. Cut in three-fourths inch slices, lengthwise of the loaf, and then into strips three-fourths inch wide. Put together in loaf form, alternating the strips of light and dark bread. Use creamed butter or a smooth filling to hold the strips together. Wrap in a damp cloth, chill and slice in one-fourth to one-half inch slices.

CHEESE FINGERS

Toast thin slices of bread on one side and cut in narrow finger-length strips. Butter the untoasted side, sprinkle with grated cheese and put under the broiler flame to melt the cheese.

CHEESE-MINT SANDWICHES

Cut white bread thin and butter lightly. Mash cream cheese and mix to a smooth paste with a little cream, adding a pinch of salt. Spread half the slices of bread with the cheese and the rest with mint jelly. Put together to make sandwiches.

CHOCOLATE SANDWICHES

6 tablespoons sugar
4 tablespoons cocoa
1 cup whipped cream
½ teaspoon vanilla

Mix sugar and cocoa and fold into whipped cream. Add vanilla. Spread between thin buttered slices of bread.

TOASTED CINNAMON SANDWICHES

Spread thin slices of white bread with butter, then with a thick layer of light brown sugar and cinnamon mixed together in the proportion of two teaspoons cinnamon to one-half cup sugar. Put two slices of bread together to make a sandwich and cut each in three strips. Toast on each side and serve with afternoon tea or chocolate or for Sunday night suppers.

COCOANUT SANDWICHES

½ cup orange marmalade
¼ cup moist cocoanut

Mix marmalade and cocoanut. Cut bread very thin, butter lightly, and spread the filling between two slices.

DATE CREAM SANDWICHES

½ package of dates
½ cup cream
Buttered bread
Brown sugar

Chop dates and mix with cream, beaten stiff. Sprinkle thin buttered slices of bread with brown sugar, and spread with date and cream mixture. Cover with slices of buttered bread. Shape and trim the bread before filling. One-half cup chopped raisins may be used in place of dates.

ENGLISH MUFFINS, HAWAIIAN STYLE

English muffins
Butter
Pimiento cheese
Crushed pineapple

Split the English muffins and butter each half, then spread generously with pimiento cheese that has been creamed and softened. Sprinkle each one with drained, crushed pineapple. Place under the broiler and cook until the cheese is melted and browned.

JELLY-NUT SANDWICHES

Mix any tart jelly with enough finely chopped nuts to make a paste. Spread on white or whole wheat bread.

LAYER SANDWICHES

For layer sandwiches use two or more fillings of different colors. Butter, colored with minced pimiento or with finely chopped green pepper, mint leaves or parsley, is effective or more elaborate mixtures may be used. Cut the bread in lengthwise slices one-half to three-fourths inch thick, spread with creamed butter and then with a thick, even layer of filling. If a butter filling is used omit the butter on the bread. Put together in loaf form, alternating the colored fillings, in three or more layers. Wrap tightly in a damp cloth and let stand in a cold place for an hour. Cut down in slices about one-fourth inch thick. Light and dark bread may be combined effectively in layer sandwiches.

RAISIN-PINEAPPLE SANDWICHES

1 cup raisins
1 cup crushed pineapple

Chop the raisins and mix with the pineapple, which has been thoroughly drained. Spread thin slices of bread with mayonnaise and make into sandwiches with the fruit mixture.

SANDWICH LOAF

1 loaf sandwich bread
4 ounces pimiento cheese
3 hard cooked eggs
1 small green pepper
½ pound tomatoes
1 pound cream cheese

Trim crusts from sandwich loaf, cut in four lengthwise slices; butter each. On first slice spread pimiento cheese softened with cream; on second, chopped hard cooked eggs and green pepper mixed with mayonnaise; on third, sliced tomatoes spread with mayonnaise. Put together, cover with cream cheese softened with cream. Let stand in refrigerator several hours. Slice in inch slices.

THORNDIKE SANDWICHES

¼ cup finely chopped preserved ginger
¼ cup finely chopped pecans
1 tablespoon ginger syrup
1 teaspoon vinegar
A little orange marmalade

Mix the ginger and nuts and add ginger syrup and vinegar. Add orange marmalade to make of the right consistency to spread. Spread between buttered slices of whole wheat bread.

OPEN FACE SANDWICHES

Sandwiches for teas and parties can be made particularly attractive if the top slice of bread is omitted and a garnish added. Any variety of bread may be used for the foundation, cut a little thicker than for ordinary sandwiches, and in fancy shapes. The filling should be mixed smooth and spread thick. Garnishes may be chosen from the following list: paprika, sprig of parsley, chopped parsley, strips of pimiento, green pepper rings, chopped egg whites, egg yolk, mashed and forced through a pastry tube, cream cheese applied with pastry tube, nut halves, bits of jelly or preserved fruit.

CHICKEN SALAD SANDWICHES

Mince chicken, add chopped celery, moisten with mayonnaise and spread on rounds of bread. A very, very thin ring of green pepper may be pressed in the top for an added attractive touch, as well as for a piquant flavor.

COTTAGE CHEESE SANDWICHES

Spread a round of white or Boston brown bread with butter, arrange a ring of cottage cheese around the outside and place a preserved strawberry in the center.

GINGER AND NUT SANDWICHES

Put candied or preserved ginger through the grinder. Add chopped nuts and moisten with soft jelly or the juice of orange marmalade. Spread on buttered bread. Garnish with pecan nuts.

PINK MYSTERIES

Put equal parts of fresh raw carrots and salted peanuts through the coarse meat grinder. Mix with mayonnaise and spread on bread, decorating with slices of stuffed olives.

TOMATO SANDWICHES

Put a very thin slice of tomato on a round of white bread that is cut slightly larger than the tomato. Sprinkle a little salt on and place a small bit of mayonnaise in the center. Be careful to use firm tomatoes that are not too juicy.

DEEP FAT FRYING

Deep fat frying is the term used to describe the cooking of food by immersing it completely in hot fat. Since it has a special technique the method needs to be considered separately. If properly carried out it gives results which no other cooking method can equal for certain types of food; if carelessly done it is the least desirable of cooking methods.

EQUIPMENT FOR FRYING

A kettle of some depth is necessary for deep fat frying. It may be a round bottom Scotch kettle or one of Russian iron or aluminum with flat bottom. The latter is necessary with an electric range and preferable for use over a gas or oil burner.

A wire basket for lifting the food in and out of the fat is desirable, although a skimmer or perforated spoon will answer.

A thermometer is essential if results are to be the best. In no other way can the temperature of the fat be determined accurately and it is on this temperature that the success of deep fat frying hinges.

Absorbent paper on which to drain fried food helps to remove superfluous fat.

KINDS OF FOOD ADAPTED TO FRYING

Any food that will cook quickly and is prepared so that it will not absorb a large amount of fat or fall to pieces while cooking can be fried in deep fat. To meet these requirements the food should be in relatively small pieces so that the heat will penetrate to the center before the outside is overdone. It should, as a rule, contain egg or be coated with egg. On contact with heat the egg coagulates quickly, forming a coating that the fat cannot penetrate.

1. *Batters and doughs.* These include fritters, timbale cases, doughnuts, and crullers. Egg in the mixture holds it together and prevents absorption of fat. The larger the amount of flour the smaller the proportion of egg required. It is possible to make doughnuts with no egg whatever but the most satisfactory recipes contain at least one.

2. *Previously cooked mixtures.* These consist of finely minced materials, bound together with thick white sauce, egg, or starchy cereal and formed into croquettes or cutlets. They are coated with egg and crumbs before frying in order to make a crisp, fat resisting surface.

3. *Raw foods.* Certain meats, fish, and vegetables are included in this class. They must be in thin pieces and are generally coated with egg and crumbs. Potatoes are the exception to the rule. Because of their high starch content the surface will coat over quickly in hot fat.

PREPARING FOOD WITH EGG AND CRUMBS

Egging and crumbing is an important step in the frying of many foods. First prepare the material in portions of the desired size. If a vegetable or fruit, having a moist surface, wipe it as dry as possible with a clean cloth. Prepare dry bread or cracker crumbs by rolling or grinding as fine as possible and then sifting to eliminate any large bits that may be left in them. Roll the food in the crumbs or in flour in order to give a thoroughly dry surface to which the egg will adhere. Beat an egg with a fork, just enough to blend yolk and white, and add to it two tablespoons of cold water. Dip the food in this, being careful to cover every bit of the surface. If there is any break in the coating the inside is likely to burst through. Finally roll again in the fine crumbs. This prevents the egg from running off and gives the crisp crust that is desirable.

DIGESTIBILITY OF FRIED FOODS

Fats in good condition are themselves perfectly digestible and any normal digestion can take care of a reasonable amount of properly fried food without difficulty.

Fats become indigestible when they are heated to so high a temperature that they break down or decompose. At this

stage, the "splitting point," they are really no longer fats but a mixture of acreolin and fatty acids, substances which irritate the digestive system and account for the unpleasant odor of overheated fat. Avoidance of the "splitting point" is one of the most important considerations in the technique of frying.

FATS SUITABLE FOR FRYING

The market offers a variety of fats suitable for deep fat frying. There are vegetable oils and also hardened fats, made from vegetable oils by a special process known as hydrogenation, which can be especially recommended because of their high splitting points and good flavors. Lard decomposes at a slightly lower temperature and is a little more difficult of digestion than the vegetable products. Butter is of course out of the question, not only because its price is prohibitive to the average food budget, but also on account of its casein content which makes it burn easily.

GENERAL PROCEDURE FOR FRYING

First bring the fat to the required temperature. If a thermometer is unavailable the best test is to brown a cube of bread. The time required is forty to sixty seconds. So many variable factors can enter into a bread cube, however, that it is at best only a rough indication of temperature.

Most foods are cooked between 350° and 400°. The smaller the portions the higher the temperature should be. Raw foods require longer, slower cooking than those which have been previously cooked. (See Temperature Chart, page 8.)

The fat should be sufficient in quantity to cover the food completely but it should fill the kettle only a little more than half full. Space must be allowed to take care of the foaming which results when cold moist food strikes the hot fat, for boiling over of fat is a serious fire hazard.

For this same reason, and because the addition of food lowers the temperature of the fat, only small amounts should be cooked at one time.

Place food in basket, immerse completely in fat and cook until brown. If the food rises to the top of the fat, turn it so

that both sides will be evenly cooked. Lift basket from the kettle, drain for a few seconds and turn the food on to absorbent paper.

CARE OF FAT

Fat can be used a number of times for frying, provided proper care is given it. When it has cooled slightly, strain it through double cheesecloth or fine muslin to remove any sediment or particles of food. To clarify it further, slice into it a raw potato before using again and heat slowly until bubbling ceases and the potato begins to brown. The "splitting point" of fat is lowered with repeated use so eventually it must be discarded. When the fat smokes at cooking temperature it is no longer good.

CROQUETTES

The dictionary definition of a croquette is "a fried ball of minced meat, fowl, rice or other ingredients," but the croquette perhaps most familiar is cylindrical or cone shaped and the "other ingredients" include a great variety.

Almost any mixture of cooked food, stiff enough to hold its shape and of such composition that it will not go to pieces when heated, may be made into croquettes.

Foundations for Croquettes. — One of the most common foundations is a thick white sauce made with one-fourth to one-third of a cup of flour to a cup of milk. To this, chopped meat, fish, hard cooked egg, cheese or vegetable is added. Instead of white sauce a thick brown or tomato sauce can sometimes be used to advantage, or uncooked egg may serve as a binder.

Cereals such as rice, hominy or cornmeal may make the basis for croquettes, and potatoes white or sweet, dried beans and other starchy vegetables are also suitable. Egg is usually added to hold the mixture together.

Plain cereal or vegetable croquettes may accompany a meat course, or served with a sauce or having such an ingredient as meat, fish or cheese added to the mixture itself, they make a substantial and appetizing main course.

Cereal croquettes, sweetened slightly, and accompanied by a sweet sauce or a jelly make a good dessert after a light main course. A pleasant variation is made by the addition of raisins, dates or figs to the croquette mixture.

Shaping Croquettes. — In order that a croquette mixture may be handled easily, and still be soft enough to have a creamy consistency when cooked it should be cooled thoroughly before it is shaped. If it is spread on a platter it will cool quickly and can easily be divided into equal portions.

Shape croquettes with the hands into the desired form, using a little flour if the mixture sticks. Be careful to have all the croquettes alike in size and shape and make the surfaces smooth.

Frying Croquettes. — Before croquettes are fried it is necessary to coat them with egg and crumbs so that they will hold their shape and the fat will not soak in. Follow the general directions on page 336.

The best temperature for frying croquettes is 360° to 370°. If it is much higher the croquettes will brown before they are thoroughly heated at the center, unless they are exceptionally small. At too low a temperature croquettes will soak fat.

See index for recipes for Croquettes.

FRITTERS

Fritters are made by frying a batter in deep fat. This batter may be a plain one, given flavor by a sauce served with the fritters, it may contain chopped meat, fish, fruit or vegetables, or it may be used to coat larger pieces of these materials. Materials used in fritters should be previously cooked or of a sort requiring little cooking.

Fritters containing meat, fish or vegetable are served as an entrée, or as a main course at luncheon or supper. Fruit and sweet fritters make an entrée or dessert.

FRITTER BATTER

1¼ cups flour
2 teaspoons baking powder
¼ teaspoon salt
1 egg
⅔ cup milk

Mix and sift dry ingredients. Beat egg and add milk. Combine the two mixtures and beat until smooth.

To make fritters from this foundation add one cup prepared meat, fish, vegetable or fruit, drop by spoonfuls into hot fat (360°) and cook until well browned on both sides. Drain on absorbent paper. Serve fruit fritters with fruit syrup or a sweet sauce.

See index under Deep Fat Frying for other recipes for Fritters.

TIMBALES

Timbale cases are made from a thin batter, fried on a special iron to make a cup-like form. When filled with a meat or vegetable mixture they are served as an entrée or as a main course at luncheon or supper. With a fruit or sweet filling they make a delicious dessert.

The same batter may be cooked on rosette irons and used like timbale cases.

TIMBALE CASES

1 egg
1 teaspoon sugar
½ teaspoon salt
½ cup milk
⅝ cup flour

Beat egg slightly with sugar and salt. Add milk and flour. Rub through a fine sieve and let stand an hour to free from bubbles. Put into a small deep bowl. Put timbale iron in the fat and heat until the fat reaches 370°. Dip the iron in the batter to about three-quarters its depth and plunge immediately in the hot fat. Have the iron completely immersed but do not allow it to touch the bottom of the kettle. Cook until delicately browned, remove from the iron, using a clean cloth in the hand, and drain on absorbent paper. Makes 20 cases.

GARNISHING

Garnishing can never compensate for poor cooking, but it may add the final touch of perfection to an already excellent dish and it contributes much to the enjoyment of a meal. It is an art which gives opportunity for the exercise of creative ability and skill in the manipulation of materials.

Garnishes should, as a rule, be very simple, always dainty, stimulating the appetite through the eye. Avoid over-elaborate, heavy garnishing which gives the impression of having been accomplished only by great effort.

Always select garnishes that are edible and in every way a suitable accompaniment to the food with which they are used. If the garnish has appreciable food value do not forget to take it into consideration in the plan for the meal as a whole.

Arrangement of the food itself, even the dish used, is a part of garnishing. Space for added garnishes should be considered in selecting the serving dish and the placing of them should never complicate the server's task.

Cutters for preparing vegetables in ball and lattice forms, tiny cutters in conventionalized leaf and flower shapes and fancy molds of various sizes are a help in making attractive garnishes. An assortment of food colorings is also an asset.

GARNISHES FOR SOUPS

A cream or thick soup is garnished with a topping of some kind. With a clear soup the garnish may be in the form of a topping or it may be added directly to the soup. Soup accompaniments of bread or crackers may also be considered in the class of garnishes.

For Cream Soups. — Dash of paprika, sprinkling of chopped parsley, spoonful of whipped cream with paprika or parsley, sprinkling of grated cheese, croutons, few kernels of pop corn.

For Clear Soups. — Spoonful of whipped cream with paprika or parsley, slice of lemon, macaroni in fancy shapes, noodles, rice, barley, pearl tapioca, custard cubes, cereal dumplings, vegetables in tiny cubes, thin strips or fancy shapes.

CHEESE CRISPS

Trim crusts from slices of bread, spread lightly with butter and sprinkle with grated cheese. Cut in strips and brown in a hot oven.

CROUTONS

Cut stale bread in small cubes, brush with melted butter, brown in a hot oven. Left-over toast, buttered, cut in cubes and crisped in an oven may be used as croutons.

IMPERIAL STICKS

Cut stale bread in half inch slices, trim off crusts and spread with butter. Cut in strips half an inch wide and brown in a moderately hot oven.

CUSTARD CUBES

2 egg yolks
¼ cup consommé or milk
Salt, pepper

Beat egg yolks slightly, add liquid and season highly with salt and pepper. Turn into a custard cup, set in a dish of water and bake in a moderate oven until firm. Cool, turn out and cut in tiny cubes or fancy shapes. Add to the soup just before serving.

FARINA DUMPLINGS

2 eggs
2 tablespoons butter or margarine
½ cup farina
2 tablespoons flour

Beat eggs, add softened butter, and farina mixed with flour. Let stand an hour to allow the farina to swell. Form into small balls, drop into briskly boiling soup and boil three minutes.

GARNISHES FOR FISH

Lemon is the accepted accompaniment for fish of all kinds and it makes a garnish as well. It may be cut in lengthwise sections, thick slices of various shapes or made into baskets to hold sauce. Slices sprinkled with paprika or minced parsley are especially effective.

Green garnishes, to be used in addition to or in place of lemon, include parsley, watercress, lettuce hearts, shredded lettuce, green pepper rings. Cucumber and tomato slices, radish roses, sliced cucumber pickles, pickled beets cut in fancy shapes, and olives, plain or stuffed, are also suitable and effective.

Crisp bacon is a good garnish for the varieties of fish that lack fat.

Bread or pastry makes a garnish as well as an accompaniment for creamed fish mixtures. It may be in the form of toast strips or points, croustades, pastry shells, patty shells, timbale cases. Slices of hard cooked egg, riced egg yolk, chopped green pepper or pimiento add a touch of color to such mixtures.

CROUSTADES

Cut bread in pieces two or three inches thick and then in cube, rectangular, circular, triangle or diamond shapes. Cut out the centers, leaving walls about half an inch thick. Brush with melted butter and brown in a hot oven. Fill with any creamed mixture.

GARNISHES FOR MEAT

A bit of something green is the simplest garnish for meat and one which should never be omitted. It may be parsley, watercress, lettuce or celery tops. Curled celery and radish roses are also effective.

Any meat may be garnished with one or more of the vegetables which are to be served with it — potatoes (browned, French fried, latticed, julienne, duchess), potato or cereal croquettes, mounds of diced vegetables or green peas or beans, carrots or parsnips cut lengthwise, whole onions, stuffed peppers

or tomatoes, beet or turnip cups filled with another vegetable, flowerets of cauliflower, mushroom caps. Work out the arrangement with care so that the effect will be orderly and decorative.

Other garnishes are small molds or cubes of firm jelly, sautéed bananas (for beef, veal or lamb), fried apple slices (for pork), sautéed pineapple rings (for beef, lamb, ham or chicken), orange slices (for duck), pickle slices, pickled onions and olives (for meat loaves and cold meats).

CURLED CELERY

Cut celery in three- or four-inch lengths and cut both ends in fine strips, nearly to the center. Put in ice water and leave until the ends curl.

RADISH ROSES

Cut a slice from the root end of each radish; leave about a half inch of the stems. Cut the skin in five petals and peel it back. Make several deep incisions at right angles to each other through the center of the radish. Place in ice water to spread open.

GARNISHES FOR SALADS

The whole arrangement of salads is largely a matter of garnishing. See section, "Arranging Salads," page 180.

GARNISHES FOR DESSERTS

The garnish for a dessert is necessarily something that is sweet or that blends with sweets.

Liquid or semi-liquid sauces, poured over or around each serving, whipped cream, arranged by spoonfuls or put through a pastry tube, marshmallow cream, meringue, hard sauce moulded in fancy shapes or forced through a pastry tube often form part of the garnish as well as completing the dessert itself.

The list of materials used more specifically for garnishing includes bits of bright colored fruit (fresh, dried, preserved, crystallized), sections of orange or grapefruit freed from membrane, candied fruit peel, candied ginger, candied flower petals and mint leaves, angelica, cubes or balls of firm jelly, chopped nuts or whole nut meats, grated chocolate or chocolate decorettes, cocoanut, marshmallows, sprinkling of cinnamon, nutmeg or clove, lady fingers, strips of cake, macaroons, fancy wafers.

Cold desserts may be served in orange or grapefruit baskets.

CAKE DECORATING

Frosting, well made and carefully applied, is itself sufficiently decorative for a simple cake. Cakes that are not to be frosted can be given a more finished appearance by a sprinkling of chopped nuts, cocoanut or cinnamon and sugar, added before baking, or with powdered sugar shaken over just before serving.

The simplest of decorations are chopped nuts, half nut meats, cocoanut, grated chocolate or decorettes, tiny colored candies, silver dragées.

Flower designs can be worked out with blanched almonds, pistachio nuts, candied cherries and other fruits, bits of dried apricot, raisins, dates, candied fruit peel, ginger, gum drop slices, marshmallow quarters, colored candies, candied flower petals. Citron, sliced and colored by brushing with green coloring, and angelica make leaves and stems.

For Christmas use clusters of red candies with citron leaves for holly, white candies for mistletoe, Christmas trees of citron decorated with tiny candies held in place with frosting.

Cakes for children can be amusingly decorated with animal crackers dipped in chocolate or frosting, turtles made from large raisins or prunes with cloves for head and claws, marshmallows pressed into the form of rabbits.

Decoration in frosting applied with a pastry tube may be simple or elaborate as the occasion demands and as time and skill permit. Simple conventional designs are easily done and give a professional touch; with artistic ability and time for experimenting truly lovely effects can be achieved.

USING THE PASTRY BAG

A pastry bag is a cornucopia shaped bag of closely woven cloth into which metal tubes are fitted. These tubes have openings of different sizes and designs, so that food pressed through is shaped by them. Metal guns or syringes fitted with the tubes are also obtainable and are easier than cloth bags for the beginner to use. Bags suitable for use with soft mixtures may be made by rolling parchment paper into cone shape and cutting the tips with scissors.

Large bags and tubes are needed when working with potato, meringue or whipped cream, smaller ones for finer work such as is done with frostings. Bags of rubberized fabric are desirable for use with very moist materials.

The most used tubes are the plain tube with a round opening for making lines, scrolls and dots, the rose tube which has a star shaped opening for rosettes and fluted effects, and the leaf tube with slightly flattened, pointed opening for leaves and flower petals.

Mixtures used for pastry tube work must be stiff enough to hold their shape and absolutely free from lumps.

Before filling a pastry bag put the tube firmly in place. Hold the bag loosely in the left hand about two-thirds the distance from the point and fold the top back over the hand. Fill not more than two-thirds full, bring the top back in place and twist it firmly, forcing the mixture down compactly so that there will be no air spaces.

With the right hand just above the filled portion of the bag, keeping it tightly closed, press the contents of the bag down until it is forced out through the opening in the tube. The firmer the mixture, the more pressure will be required. Use the left hand to steady and guide the bag.

When making rosettes, flowers or leaves hold the bag upright, close to the surface on which the work is being done. Press until the desired result is obtained, then release quickly and at the same time lift the point. For lines and scrolls hold the bag at an angle of about forty-five degrees and move it along steadily until the design is completed. Skill in the use of the pastry bag can be acquired only by practice.

CANDY

In candy making, accuracy, both in measurement and in temperature, is essential. For uniform results a thermometer is indispensable; a test made by dropping a little of the syrup in cold water serves to some extent as a guide, but even in the hands of an experienced candy maker it is necessarily more or less inaccurate.

The ordinarily well equipped kitchen contains all the utensils that are necessary for simple home candy making. For professional work a few special implements will be found desirable.

The candy kettle should have a perfectly smooth inner surface and be preferably of heavy material so that the syrup will not stick and scorch. Both metal and wooden spoons are needed and different sized, shallow pans.

FONDANT

The first principle or division in candy making is fondant, the foundation of all cream candies.

WATER FONDANT

2 cups fine granulated sugar
1⅓ cups water
2 tablespoons white corn syrup
1½ teaspoons vanilla

Put the sugar, water and corn syrup into a saucepan and stir only until sugar is dissolved. Stirring beyond this point causes the formation of crystals. Clip the thermometer over the edge of the saucepan, having the bulb covered with the syrup. As the syrup boils small crystals will be thrown on to the sides of the pan. Remove these with a brush, first dipping it in

water, then pressing it against the sides of the pan with an upward motion so that the crystals will not fall back into the syrup. Cook to 238° (soft ball), and turn immediately on to a marble slab or large platter which has been moistened by drawing the palm of the hand, first dipped in cold water, over it. Dip the fingers in water and shake them over the candy, using the same motion as in sprinkling clothes. If there are any crystals or bubbles on the fondant touch them lightly with the damp fingers. Cool slightly and add vanilla.

With a broad, stiff spatula (a wooden spoon may be used) begin to cream the syrup, gathering it up around the edges and turning it into the center and working it backwards and forwards. As soon as the syrup changes to a creamy color and becomes firm gather it together on the slab and stop working it. The mass is now fondant. It will appear hard but if required for immediate use can be softened by kneading with the hands. If not to be used immediately place in a jar or pan and cover closely. It will keep for several weeks.

BUTTER FONDANT

2 cups sugar
⅔ cup milk
1 tablespoon white corn syrup
1 tablespoon butter
1½ teaspoons vanilla

Mix sugar and milk, put on stove and stir until sugar is dissolved. Add corn syrup and cook to 238° (soft ball), stirring occasionally, very gently, as the milk has a tendency to scorch. Remove from stove, add butter and when this is melted stir just enough to blend. Turn on to a wet slab, add vanilla and proceed as directed for Water Fondant.

UNCOOKED CREAM FONDANT

2 cups sifted confectioners' sugar
Pinch salt
1 tablespoon white corn syrup
About 3 tablespoons light cream

Sift the sugar and salt together, make a hollow in the center and into this pour the corn syrup and about half the cream. Work into a paste, adding more cream as needed. Remember that the flavoring extracts will also soften the fondant, therefore it should be quite firm in the beginning. When all the sugar is moistened turn on to a slab and knead until smooth.

UNCOOKED FONDANT WITH WHITE OF EGG

1 egg white
2 teaspoons cold water
Confectioners' sugar
Pinch salt

Beat the egg white slightly with the water, work the sugar and salt into it and knead until smooth. One egg white will absorb approximately two cups of confectioners' sugar.

FONDANT CENTERS FOR BONBONS AND CHOCOLATES

Knead the fondant until mellow and creamy. Color and flavor as desired. A great variety is possible by using different extracts and by combining nuts, cocoanut, crystallized fruits, and similar ingredients with the fondant. Break off pieces the size of a marble and roll between the palms of the hands until smooth and of the desired shape. Lay on trays lined with waxed paper and leave for several hours to harden slightly and "set" before dipping.

DIPPING BONBONS

Place a batch of Water Fondant in the upper part of a double boiler with water in the lower container. Cover and bring the water slowly to the boiling point, stirring the fondant occasionally to prevent it from turning back to a clear syrup. When melted add an extra teaspoon of vanilla or other flavoring. Remove from the stove and begin dipping as soon as the fondant is thoroughly softened for it dries out as it stands over hot water. Hold the dipping fork or an ordinary two tined kitchen fork in the right hand and with the left drop a center into the fondant. Press it below the surface with the fork, then lift it quickly and turn upside down on a slab or a board or tray covered with waxed paper. Allow the fork to rest just a second on the top of the candy so that it will leave its imprint.

The tops of the bonbons may be varied by placing on them a small piece of crystallized cherry, crystallized violet or half nut meat. This must be done before the fondant hardens.

When the dipping fondant beings to harden place on the stove and heat again. A very little boiling water (not more than half a teaspoon) may be added to counteract evaporation and subsequent drying.

Variations for fondants. — 1. Add ½ cup cocoanut. 2. Add ⅓ cup chopped nuts. 3. Add cup crystallized cherries or pineapple, cut small. 4. Add ½ cup chopped dates or raisins.

Uncooked Coffee Fondant may be prepared by working one teaspoon prepared soluble coffee into each cup of plain fondant, working and kneading it dry into the creamy mixture.

The Uncooked Cream Fondant may be warmed over hot water (double boiler) and used as a coating for nut or fondant centers, or as a dip for such fresh fruits as strawberries, grapes or sections of orange.

CHOCOLATE DIPPING

Chocolate dipping is a process that requires a great deal of practice before perfection is attained. Most careful attention should be given to temperature — temperature not only of the chocolate coating in which the centers are to be dipped, but of the room in which the work is to be done. This latter should never exceed 65°; a slightly lower temperature is to be preferred. Do not attempt to dip chocolates on a humid, moist day for by so doing you deliberately invite failure. Experts are unwilling even to have such moisture as would arise from the steaming of a tea kettle in the room where chocolate dipping is carried on. A clear, bracing, cold atmosphere is best.

The coating used in chocolate dipping is an entirely different product from ordinary cooking chocolate and must not be confused with it.

It is wise to have on hand sweet, bitter and milk chocolate coatings. The use of each depends largely on the kind of centers to be dipped. Very sweet centers are delicious when coated with bitter chocolate, whereas nuts and fruits demand sweet chocolate. Milk chocolate is often used with cream centers and with maraschino cherries and other fruits.

Break the chocolate into pieces and if convenient pass these through the food chopper or grate it. Failing this, break the chocolate into pieces not larger than a walnut — preferably smaller — for the smaller the portions the more rapidly will the chocolate liquefy.

Put a small quantity of grated chocolate into the upper vessel of the double boiler, place over hot water and allow the chocolate to melt. The water in the lower vessel should never be allowed to register over 120° — the chocolate itself should not even reach this temperature, 110° being the limit. As soon as melted, add a little more grated chocolate, beating it into the already melted portion. The heat of this will usually be sufficient to liquefy the second addition, assuming that the water in the lower vessel remains at the temperature indicated. Should it fall below this, reheating will be necessary. Care should be taken that the steam from the lower vessel does not come in contact with the chocolate while it is heating, as this has a tendency to make the chocolate heavy.

Do not attempt to work with too small a quantity of chocolate. It can always be remelted for subsequent use.

Beat and stir constantly during the melting process, working and rubbing out even the tiniest lumps. This beating helps in keeping the chocolate at an even temperature since it keeps it agitated.

The chocolate temperature should register 85° when beginning to dip.

When dipping arrange the centers at your left, and the prepared chocolate next to them. The oilcloth or waxed paper covered slab or board on which the finished chocolates are to be placed, put at your right. Pick up a center with the left hand being very careful that there are no loose particles or pieces attached to it to drop off into the chocolate and mar the finished candy. Drop gently into the prepared chocolate, cover very thoroughly then lift out with the dipping fork, turn upside down on the waxed paper or oilcloth covered board and proceed in this manner, working quickly, until the board is filled.

The appearance of the first few candies will readily indicate whether the dipping chocolate is of the right temperature. The surface of each piece should be entirely smooth and there should be no bases. Roughness in the coating or difficulty in lifting the fork from the candy after placing it on the board indicates that the chocolate is too cool. Bases — that is a

spreading of the chocolate coating under the candy — indicates that the chocolate is too warm.

Grayness and streakiness in chocolates may be due to several causes: too great heat used in melting, cooling too slowly, allowing the chocolates to stand in the sun.

CHOCOLATE CLUSTERS

The chocolate that clings to the pan after dipping may be used for clusters. Stir small nuts, such as hazel nuts, broken walnut meats, pecans, pine nuts or cocoanut into it to form a thick mass. Break off small portions with two forks and place on waxed paper to set.

SUGGESTED LIST OF CENTERS FOR CHOCOLATE DIPPING

Practically all varieties of nuts. Plain or fruit or nut-filled fondant. Fondant mints, wintergreens or other dropped candies. Crystallized fruits — pineapples, cherries, apricots, plums, and the like. Small caramels. Butterscotch drops. Small cubes of fruit cake. Nougat. Small dates — plain or stuffed. Old-fashioned almond nougat.

FUDGES

Fudge is similar to fondant but made richer by the use of cream or milk and butter. It should be firm but not hard, and free from hard crystals. In order to produce such a result take care not to overcook the syrup and allow it to cool somewhat before beating it.

CHOCOLATE CREAM FUDGE

3 cups sugar
¼ cup corn syrup
3 squares chocolate
¼ teaspoon salt
1 cup evaporated milk (undiluted) or thin cream
¾ cup nut meats

Mix all the ingredients with the exception of the nuts and boil until a soft ball is formed when a little of the syrup is tried in cold water (240°). Cool until lukewarm, add nuts, and beat until creamy. Spread in a buttered pan and when cool cut in squares.

CHOCOLATE CREAM FUDGE — UNCOOKED

2 eggs
1½ cups confectioners' sugar
2 tablespoons cream
4 ounces chocolate
½ pound chopped walnut meats

Beat the eggs until very light, add sugar and beat well. Then add the cream and the chocolate (melted) and mix all well together. Slightly sweetened chocolate is best but unsweetened cooking chocolate may be used. Add the nuts and pour into a pan lined with waxed paper. Let the candy set in a cool place all night. Cut in squares.

RAISIN CREAM FUDGE

2 cups sugar
⅔ cup light cream or top milk
1 teaspoon vanilla
1 tablespoon butter or margarine
½ cup seedless raisins

Put the sugar and cream in a saucepan and cook slowly, stirring until sugar is dissolved. Continue cooking without stirring until a soft ball is formed when a little of the syrup is tried in cold water (238°). Add butter; when cool add vanilla and beat until creamy. Add raisins and pour into a buttered pan. Cut in squares when firm.

CALIFORNIA FUDGE

2 cups sugar
⅔ cup milk
2 tablespoons butter or margarine
½ cup dates
½ cup figs
½ cup raisins
½ cup walnut meats

Mix sugar and milk, bring to the boiling point, stirring until the sugar is dissolved, and cook to the soft ball stage (238°). Add the butter, and the fruit and nuts cut in small pieces. Cool until lukewarm and beat until creamy.

PENUCHI

3 cups brown sugar
2 cups milk
1½ teaspoons vanilla
2 tablespoons butter or margarine
1½ cups walnuts or pecans

Put sugar and milk into a saucepan and bring to the boiling point, stirring until the sugar is dissolved. Cook to the soft ball stage (236°), stirring constantly. Add butter and cool until lukewarm, then beat until creamy. Add vanilla and nut meats, and mix thoroughly. Pour into slightly greased pans and when cold cut in squares. The large amount of milk gives a rich flavor because it caramelizes slightly as it evaporates.

OPERA CREAMS

2 cups sugar
1 cup milk
⅛ teaspoon salt
¾ cup heavy cream
1 tablespoon light corn syrup
1 teaspoon vanilla
1 cup pecan meats

Cook all the ingredients together, stirring constantly until the soft ball stage is reached (236°). Cool until lukewarm, add vanilla, and beat until the candy becomes creamy and loses its shiny appearance. A long beating is needed. Add nuts and pour into slightly greased pans. Cut in squares when cold.

CHEWING CANDIES

This group includes all the toffies — butterscotch, molasses kisses, caramels, nougat, etc.

The cooking of chewing candies varies somewhat from the cooking of fondant, in that they require constant stirring, because of the use of ingredients which scorch very easily.

CARAMELS

2 cups sugar
1⅓ cups corn syrup
⅛ teaspoon salt
2 cups cream
¾ cup evaporated milk
4 tablespoons butter or margarine
2 teaspoons vanilla

Put together in a heavy saucepan the sugar, corn syrup, salt, and half the cream. Bring to boiling point, stirring occasionally, then add very gradually the remaining cream and evaporated milk — so gradually that the mixture never ceases boiling. Cook to 238° (soft ball stage), then add the butter and continue to cook to 248° for a soft caramel, to 252° for a firm

caramel, stirring gently but constantly as any mixture containing cream easily scorches. Remove from the fire, add the flavoring and pour into a shallow pan. Cool, cut into squares and wrap in waxed paper.

Variations: — For variously flavored caramels substitute for the vanilla an equal amount of any other flavoring. For Nut Caramels add two-thirds cup of chopped nuts after removing from the fire. For Ribbon Caramels pour a thin layer of plain caramel, any flavor, between oiled candy bars, cover with a layer of sheet marshmallow (may be purchased at a supply house), covering this in turn with another layer of caramel. For Chocolate Caramels add two squares of chocolate, while the mixture is cooking.

BUTTERSCOTCH

4 cups sugar
1⅓ cups dark corn syrup
½ cup water
½ cup cream
½ cup butter or margarine

Cook the sugar, syrup, water and cream to 260°, stirring occasionally. Add the butter and continue the cooking, stirring constantly, to 288°. Pour into a shallow pan, mark deeply into squares or rectangular shaped pieces and when cold cut or break apart. Wrap in waxed paper or heavy tinfoil.

MOLASSES KISSES

1 cup molasses
3 cups sugar
1 cup water
2 tablespoons vinegar
¼ teaspoon salt
½ teaspoon cream of tartar
⅛ cup butter or margarine
⅛ teaspoon soda
2 teaspoons vanilla flavoring

Cook the molasses, sugar, water, vinegar, and salt together in a large pan, stirring gently, until the mixture boils. Add the cream of tartar dissolved in a teaspoon of water and cook to 250°. Next add the butter and the soda and continue cooking, stirring constantly to 258°, or until a little dropped into cold water is brittle. Turn into shallow pans and let the mixture stand until cool enough to handle. Add the vanilla and when this is worked into the mixture oil the fingers and pull the candy until fluffy and light colored. Stretch into one long strip

and cut into inch lengths with oiled scissors. Wrap each kiss in waxed paper as soon as cold.

Variations: — For Lemon Kisses substitute one and one-half teaspoons lemon extract for the vanilla. For Mint Kisses substitute twelve drops oil of mint for the vanilla. For Coffee Kisses substitute two teaspoons of coffee extract or three tablespoons of dry instantaneous coffee for the vanilla. For Striped Kisses pull half the mixture as directed, keep the remainder slightly warm, then lay one portion over the other, press together, stretch, and cut as directed.

HONEY NOUGAT

2 cups sugar
1 cup water
¼ cup white corn syrup
2 egg whites
1 cup honey
1 cup almonds
¼ cup pistachio nuts
¼ cup candied cherries, quartered
1 teaspoon vanilla

Blanch the almonds and pistachio nuts, dry thoroughly, then slice the almonds and halve the pistachios.

Cook together the sugar, water, and corn syrup to 310° (hard crack). Meanwhile beat the whites of eggs until stiff with a whisk beater, add the honey to them and again beat until stiff. As soon as the syrup has reached the desired degree, pour it slowly on to the mixture, beating steadily with long strokes. Now place over boiling water, add the nuts and cherries and continue beating until the mixture is firm and a little dropped on to the slab holds its shape without spreading. Add the vanilla and pour into a shallow pan, or place nougat wafers in the pan and pour the candy over this. Lay more wafers over the nougat and when cold cut into strips and wrap in waxed paper. Nougatines are made by cutting into strips one and one-fourth inches long by one-half inch wide, these are subsequently dipped in melted sweet chocolate in which case the wafer paper is not used.

MOTHER'S PEANUT CANDY

2 cups molasses
½ cup sugar
Few shreds orange peel
2 tablespoons butter or margarine
½ teaspoon salt
½ teaspoon soda
2 quarts (before shelling) peanuts

Boil molasses and sugar with orange peel until it threads and crisps in a cup of cold water (310°). Then add butter, salt, and soda — the latter stirred in very rapidly, and lastly the peanuts, chopped. Turn into buttered pans, mark into squares when nearly cool. Break apart when crisp and pack between layers of paraffin paper.

ENGLISH TOFFY

4 cups brown sugar
1 cup dark corn syrup
¼ cup water
2 tablespoons vinegar
¼ teaspoon salt
½ cup butter or margarine

Cook together the sugar, syrup, water, vinegar, and salt to 246°, stirring only until boiling point is reached. Add the butter and continue to cook to 268°, stirring constantly. Pour into a pan, and when cool mark into squares or bars, making the markings deep enough to allow the toffy to be easily broken when cold. One and one-half teaspoons of vanilla and one cup of broken walnuts, or plain or toasted almonds may be added if desired, after removing the toffy from the fire.

FRUIT AND NUT CONFECTIONS

Confections made from fruits and nuts are a particularly healthful form of sweet and are, for the most part, easy to prepare.

CANDIED GRAPEFRUIT PEEL

Select grapefruit with medium thick rind. Remove it in sections and let stand over night in cold salt water (one tablespoon salt to one quart water). Drain, cover with fresh cold water and bring to the boiling point. Repeat this twice, cooking the peel until tender in the last water. Drain, weigh and cut in thin strips. Make a syrup, using as much sugar by weight as fruit peel and one-half cup water to each pound of sugar. Add the peel to the syrup and cook until it is clear and the liquid almost evaporated. Drain the peel and roll each piece separately in granulated or powdered sugar.

CANDIED ORANGE PEEL

Cover the peel with cold water, bring to the boiling point and cook until tender. Drain, cut in strips and cook in a syrup, following the directions for Candied Grapefruit Peel.

CANDIED MINT LEAVES

Wash and dry fresh mint leaves, remove from stem, and brush over with stiffly beaten egg white. Mix one-half cup granulated sugar with five or six drops oil of spearmint and dip the leaves in it. Place on a cake rack, covered with waxed paper and dry in a slow oven. If the leaves are not completely coated repeat the process.

CANDIED ROSE PETALS

Remove petals from the flower and proceed as for Candied Mint Leaves, omitting the oil of spearmint.

STUFFED FRUITS

Raisins, figs, dates, apricots or prunes may be stuffed. Wash the fruit, remove seeds, and steam until it is plump. Open it with a knife and insert a filling made by putting a mixture of fruit and nuts through the food chopper and moistening with lemon or orange juice. Some combinations for the stuffing are: prunes, apricots and almonds; figs, nuts and citron; figs, prunes, nuts and spices; candied orange peel, prunes and nuts.

PRUNES IN ORANGE PEEL

Use very large prunes. After washing, place in a colander over hot water, cover and steam for one hour. Remove the pits while hot. Stuff one prune with another. Then roll in grated orange peel mixed with granulated sugar.

SPICED RAISINS

1½ cups sugar
2 tablespoons light corn syrup
1 cup water
1 teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon ground cloves
½ teaspoon ginger
1½ cups seeded raisins

Put the sugar, corn syrup, water and spices into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature 238° is reached (soft ball). Add raisins and cook slowly for several minutes, stirring only enough to separate the raisins and keep the syrup from scorching. Remove from the fire and set in a pan of hot water. Take a few raisins at a time from the syrup, drain, and drop into granulated sugar. Separate at once and roll each raisin until well covered with sugar.

CINNAMON SUGARED ALMONDS

1½ cups sugar
¼ cup hot water
¾ cup unblanched almonds
½ teaspoon cinnamon

Stir the sugar until it is dissolved in the water. When the syrup boils, add the almonds and the cinnamon and let the nuts simmer slowly in the syrup. When it gets very heavy and is about to sugar, remove from the fire and stir the nuts vigorously to keep them separated. The delicacy of the nuts is greater if they are first toasted slightly in the oven with three-fourths teaspoon of butter.

SALTED NUTS

Blanch such nuts as have thick outer skins (almonds, filberts, peanuts) by covering with boiling water and allowing to stand for five or ten minutes. Then slip the skins off. To each pound of nut meats add one teaspoon of cooking oil and mix thoroughly. Spread on a shallow pan, sprinkle with salt and cook in a moderately hot oven (375°–400°) until delicately browned, stirring frequently so that they will brown evenly. Nuts may also be cooked until brown in deep fat at 360°, drained on absorbent paper and then sprinkled with salt.

CANNING AND PRESERVING

The aim in canning food is to destroy all the micro-organisms, which, if allowed to develop, would cause spoilage. Bacteria are killed by the application of heat, that is, the food is *sterilized*, and after it has once been made sterile it is kept so by the air-tight cans in which it is packed. The sterilizing or cooking is called *processing*.

Sterilization in the can is the best method for it eliminates chance of contamination in transferring the product from kettle to jar. The hot pack process is the simplest of modern methods and has proved thoroughly satisfactory.

EQUIPMENT FOR CANNING

Necessary equipment for canning includes: —

1 — A canner, which may be water bath (any covered kettle deep enough to hold jars placed on a low rack), a steamer, pressure cooker, or oven with temperature control.

2 — Glass jars of either glass or screw top (Mason) type. Tin cans are practical if a large amount of canning is done.

3 — Jar rubbers to use in sealing glass jars. They must be of good quality to withstand high temperatures and long cooking.

4 — A good-sized kettle of enamel or aluminum for pre-cooking. A steamer or blanching basket is also convenient.

5 — Measuring utensils. Scales if possible.

6 — Paring knives. Large spoons, both wooden and metal.

7 — Wide-mouth funnel.

GENERAL PROCEDURE FOR CANNING

Products for canning must be fresh and in perfect condition. If they are not freshly picked or have started to decay the flavor is not at its best and, moreover, sterilization is difficult.

Prepare the food according to the special directions given in the tables.

Precook (unless otherwise stated in the tables) for a few minutes in boiling water or syrup or by steam. This causes shrinkage, making possible a close and attractive pack and removing enclosed air which, on expansion by heat, might break the jar. It also hastens the sterilization process.

Adjust the rubbers on clean, hot jars. The jars need not be sterilized — the cooking process will take care of this point — but they must be scrupulously clean.

Pack the product in the jars, arranging it as compactly and attractively as possible.

Fill the jars with liquid according to the directions given in the tables. For oven canning fill only to within an inch of the top.

Partially seal the jars; that is, with the glass top type put the upper clamp in place but leave the lower one loose. With the Mason jar do not screw down the cap quite so firmly as is possible, but make it tight enough to prevent leakage. This is to allow for the expansion on heating. If the seal were completed the jar might crack with the pressure from within. Tin cans are sealed before processing for they themselves have the property of expanding without breaking.

Place the jars in the canner, leaving space between them for circulation. Use a wire rack to allow for circulation at the bottom. In a water bath have the jars completely covered with water. Follow directions that accompany steamers, pressure cookers, and special types of canners.

Process the jars for the required length of time. The heat must penetrate to the very center in order that sterilization may be complete. The denser the nature of the product and the more closely it packs the longer will be the time required. Acid foods require less time than non-acid.

When a pressure cooker is used take great care to keep the pressure constant. If it fluctuates, liquid will be drawn out of the jars. For the same reason allow the pressure gauge to register zero before opening the pet cock.

Seal the jars completely as soon as they are taken from the canner at the end of the cooking period. Never remove the

covers for any purpose. If the jars are not completely filled do not add more liquid. The product has been made perfectly sterile and its keeping qualities will not be affected by lack of liquid.

Test for leakage by turning the jars upside down.

Store canned goods in a cool, dry, dark place where the circulation of air is good.

CANNING VEGETABLES

Prepare vegetables as for cooking. Cover with boiling water and cook in a covered kettle for a few minutes, or steam them. Greens need no added water. If the skin of the vegetable is to be removed after scalding, dip in cold water to loosen the skin and facilitate handling. Pack in clean, hot jars. Add one-half teaspoon salt for each pint and fill with the liquid used in precooking or with boiling water. Proceed according to the general directions, following the table on page 364.

CANNING FRUITS

Prepare fruits as desired for serving. Drop into a boiling syrup and cook for a few minutes, pack in clean hot jars and fill jars with the syrup; or put fruit in jars without precooking and cover with syrup. Juicy fruits like berries and cherries contain so much moisture that, with the addition of sugar alone, they will make their own syrup. Add the sugar to the cold berries, bring slowly to the boiling point, stirring occasionally, very gently. When this procedure is followed there will not be an excess of juice in the finished product. Process according to the table on page 366.

SYRUPS FOR FRUITS

The density of the syrup used for canned fruits depends upon the nature of the fruit. Some sugar is needed to bring out the best flavor but too large a proportion is to be avoided.

Thin Syrup — 3 cups sugar to 2 cups water — boil only until the sugar is dissolved. Use this for all sweet fruits as apples, sweet cherries, and pears.

Medium Thin Syrup — 3 cups sugar to 2 cups water. Boil about four minutes or until it begins to be syrupy. Use this for raspberries, peaches, blackberries, currants, etc.

Medium Thick Syrup — 3 cups sugar to 2 cups water. Boil until it will pile up over the edge of the spoon when it is tipped. Use this for sour or acid fruits, as plums, gooseberries, apricots, sour apples, and strawberries.

Thick Syrup — 3 cups sugar to 2 cups water. Boil until it will form a ball in the spoon and cannot be poured from the spoon. This is used for preserves.

CANNING MEATS

Home canning of meats is a possibility but it is seldom worth while unless butchering is done at home. The procedure is, in general, the same as for vegetables and fruits.

Prepare the meat in any desired manner as for table use, cooking it until it is only partially done. Pack at once in clean, hot jars, fill the jars with the liquid used in cooking or with boiling water, and process according to the general directions. In a water bath one and one-half hours is required; in a pressure cooker at fifteen pounds sterilization will be complete in thirty minutes.

Baked beans, soups and all meat combinations are canned in this same way.

Meats may be packed raw and the processing period extended to insure complete sterilization. Salt is added, but no water. Three hours cooking in a water bath is necessary, one hour in a pressure cooker at fifteen pounds pressure. This method is especially desirable for chicken.

TABLE FOR VEGETABLES

Vegetable	*Preparation*	*Minutes to Sterilize*		
		Water Bath	*Pressure Cooker (10 pounds)*	*Controlled Oven at 275°*
Asparagus	Cut off tough ends, tie in bundles to fit jar or cut in pieces. Boil 3 or 4 min. with tips above water. Pack and fill jars with the water.	120	40	150
Beans, Lima	Like peas. Use only young and tender beans.	180	60	180
Beans, String or Wax	Cut as desired. Boil 3 min. with water to cover. Pack and cover with the boiling water.	120	40	150
Beets	Boil or steam 10 to 15 min. Slip off skins, slice or leave whole. Pack and cover with boiling water.	90	40	150
Cabbage	Use small solid heads. Cut in pieces. Soak in cold brine (1 cup salt to 3 gal. water) for 1 hour. Steam 5 to 10 min., pack and cover with boiling water.	90	40	150
Cauliflower	Separate into flowerets and prepare like cabbage.	90	40	150
Carrots	Cook in boiling water 10 min. Skin and cut in slices or dice, leave small carrots whole. Pack and cover with boiling water.	90	40	150

Corn	Cut from cob, add enough boiling water to keep from sticking and bring to boiling point. Pack, leaving an inch space at tops of jars.	180	90	180
Greens	Cook in covered kettle with no added water until wilted. Pack loosely, using just enough liquid to cover.	180	60	180
Sweet Peppers	Bake in hot oven until skin separates from meat. Remove skin and pack dry.	90	40	150
Peas	Use only young, tender peas. Shell and grade. Boil 3 min. in enough water to cover and pack with the same water.	180	60	180
Pumpkin Squash	Pare and cut in pieces. Steam or cook in boiling water until tender, mash and pack.	180	60	180
Tomatoes	Scald for 1 to 2 min. Dip in cold water and remove skins. Pack whole or cut in pieces.	25	10	45

This schedule is for pint and quart jars. Add thirty minutes to the time for sterilizing for two quart jars. In using water-bath have the water actually boiling and let it cover the jars. Do not count the time until the water begins to boil again after the jars have been put in.

When using a steamer instead of water bath increase the time by 15 minutes.

TABLE FOR BERRIES AND FRUITS

Fruit	*Preparation*	*Minutes to Sterilize*		
		Water Bath	*Pressure Cooker (5 pounds)*	*Controlled Oven at 275°*
Apples	Pare, core and cut in halves or small pieces. Pack in jars and cover with boiling syrup.	20	5	35
Apricots	Blanch 1 to 2 minutes. Cold dip and remove skins. Pack and cover with boiling syrup. May be canned with skins on, first rubbing off fuzz.	16	5	35
Berries Blackberries Blueberries	Pack, pressing down lightly, and cover with boiling syrup,	16	5	40
	or			
Loganberries Raspberries	Precook 5 min., adding ¼ to ½ lb. sugar to 1 lb. fruit and enough water to keep from burning. Pack.	5	Do not use	35
Strawberries	Precook 5 min., adding ¼ to ½ lb. sugar to 1 lb. fruit. Use no water. Pack immediately or let stand until cool, reheat and then pack.	5	Do not use	35
Currants	Like berries.			
Cherries	Pit or leave whole as desired. Pack and cover with boiling syrup,	20	10	40
	or			
	Cook in syrup 5 min. Pack.	5	—	30

Grapefruit	Peel, separate into sections, discarding all membrane. Pack in jars and cover with boiling thin syrup.	10	—	30
Peaches	Blanch 1 to 2 min. Cold dip and remove skins. Leave whole or cut in pieces as desired. Pack and cover with boiling syrup.	20	10	35
Pears	Pare and cut in pieces as desired. Precook in syrup 5 to 8 minutes. Pack and cover with the syrup.	20	10	35
Pineapples	Peel, remove eyes and core and cut in pieces as desired. Pack and cover with boiling syrup.	30	18	35
Plums	Remove stones or prick skins. Pack and cover with boiling syrup, or Precook with sugar as desired and pack.	20 5	10 Do not use	45 30
Quinces	Remove skins and cores and cut in slices. Blanch 6 min., pack and cover with boiling syrup.	40	20	60

Apples, pears and quinces should be put into salt water (1 tablespoon salt to 1 gallon water) after peeling to keep them from turning dark.

This time schedule is for quart jars. For pints or half pints deduct 3–4 minutes in sterilizing. For 2 quart jars add 3–4 minutes.

When a steamer is used instead of a water bath add 5 minutes.

JELLIES

Jelly is a mixture of fruit juice and sugar, cooked until it will hold its shape when cold. Not every fruit possesses jellying properties. The essential is pectin, a form of starch which, when cooked with the correct proportion of acid and sugar, makes a firm product of the characteristic jelly texture.

The fruits which are richest in pectin and so best adapted to jelly making are currants, apples, and grapes, preferably a little underripe. Raspberries, blueberries, blackberries, plums, and gooseberries will often prove satisfactory, but they are less dependable. Fruits such as strawberries, cherries, pineapples, peaches, and apricots, excellent for flavor, must have pectin supplied by combining with other fruits or by commercial pectin.

A test for pectin which will help the housewife to determine whether or not fruit is suitable for jelly is made by combining a tablespoon of cold, cooked fruit juice with a tablespoon of alcohol. If more than half the mixture forms itself into a gelatinous mass it will be possible to make jelly from the juice. Wood alcohol or denatured alcohol may be used for the test but since they are poisonous the material must not be tasted and must be disposed of in such a way that it can do no harm.

GENERAL PROCEDURE FOR JELLY MAKING

1. Wash and pick over fruit. Cut large fruit in pieces. Do not peel or remove seeds or stones. It is not necessary to stem currants.

2. Cook the fruit until the pulp is well broken up and the juice flows freely, using as little water as possible to prevent burning.

3. Drain the pulp in a bag of coarse muslin or double cheesecloth. Let drip over night if possible instead of squeezing. For a very clear, sparkling jelly pour the heated juice through canton flannel.

4. Cook the juice rapidly to concentrate it somewhat. If a minimum of water has been used ten to fifteen minutes should be sufficient.

5. Measure the juice and add sugar. For currants and grapes use equal parts of juice and sugar. Other fruits require only three-quarters as much sugar as juice.

6. Cook the mixture rapidly until it registers 222° on a sugar thermometer or until a little dropped from a spoon sheets off in a jelly-like mass instead of dripping drop by drop. The juice should be sufficiently concentrated before the sugar is added so that not more than ten minutes additional cooking is required.

7. Pour the jelly into hot sterilized glasses, cover with melted paraffin, and when cold add a second coating of paraffin.

8. Make a second extraction of juice from the pulp by covering with cold water, bringing slowly to the boiling point and cooking gently for fifteen to twenty minutes. Proceed as with the first extraction.

JAMS

Jam is a mixture of a fruit pulp, mashed or cut fine, and sugar, boiled until thick.

In jam, pectin plays a less important part than in jelly but it is nevertheless most desirable. Any mixture of fruit and sugar can be thickened by long cooking so that jam, of a sort, results, but a jam which contains enough pectin to give it a jelly-like consistency is far superior.

Conserve is a mixture of several kinds of fruit, heavily sweetened and cooked until thick like jam. Nuts are often added. When they are used they should be combined with the mixture just before it is taken from the stove.

Marmalade is a variety of jam in which the fruit is in thin slices or small pieces, suspended in a clear, jelly-like syrup. Pectin is essential to a good marmalade.

GENERAL PROCEDURE FOR JAM MAKING

1. Wash and pick over fruit. Remove stems, stones, cores, and tough skin. Berries and small fruits may be left whole; large fruit should be chopped or cut into pieces of the desired size.

2. Cook the fruit in a little water until tender.
3. Measure the pulp and add three-quarters the quantity of sugar.
4. Cook the mixture until thick. Test by cooling a little of the jam quickly on a plate. The consistency of the sample should be the same as that desired in the finished product.
5. Pour into hot sterilized jars and seal with paraffin.

JELLIES AND JAMS WITH PREPARED PECTIN

The use of commercially prepared pectin in jelly making is advisable wherever there is any doubt as to the jellying properties of the fruit or the skill of the person undertaking the task. In any case it offers definite advantages. It completely eliminates all danger of failure; it makes possible the use of fully ripe fruits which are superior in flavor to those underripe; it reduces to a minimum the elements of time and labor.

Its special virtue in jams is that it does away with the long boiling that destroys the natural flavor and color of fruit and it gives the jelly-like texture that is so desirable.

When using prepared pectin the directions must be followed with absolute accuracy. The proportions have been scientifically worked out and are the only proportions which will give successful results. It is not possible to turn failure into success simply by adding pectin to a batch of jelly that has refused to stiffen.

FOUR FRUITS CONSERVE

1 cup sliced canned peaches
1 cup sliced canned pears
1 cup crushed pineapple
1 cup diced apple
½ orange (juice)
½ lemon (juice)
1 cup sugar
½ cup pecan meats
1 cup liquid pectin

Mix all ingredients except nuts and pectin. Cook slowly for forty-five minutes. Add pectin and boil rapidly for three minutes. Add nuts. Pour into clean, hot glasses and seal with paraffin.

RHUBARB CONSERVE

3 quarts rhubarb
1 pound seeded raisins
2 oranges
¼ pound shelled almonds

Grated rind of oranges

If the rhubarb is very young, do not peel it. Cut in inch lengths. Chop the raisins. Cut oranges in thin slices and quarter slices. Blanch and shred almonds. Cook the rhubarb, oranges, and raisins together slowly until all are tender and pulpy. Add three-fourths their quantity of sugar and continue cooking until thick. Add nut meats and simmer gently for fifteen minutes, stirring frequently.

SPICED PINEAPPLE JAM

2 cups chopped pineapple pulp
1 cup water
¼ cup lemon juice
6-inch piece stick cinnamon
12 cloves
2 cups sugar
½ cup liquid pectin

Simmer the pineapple, water, lemon juice, and spices for ten minutes. Remove the spices, add the sugar, and boil for a few minutes. Add the pectin, pour into hot sterilized glasses and when cold cover with hot paraffin.

CRANBERRY MARMALADE

2 oranges
1½ cups water
2 cups cranberries
6 cups sugar
½ cup liquid pectin

Peel the oranges and slice the skin of one of them thin or run it through a food chopper. Cook in the water in a covered saucepan until tender. Add the oranges and cranberries which have been put through a chopper and boil gently for ten minutes. There should be three cups of fruit pulp. Add water, if necessary to make up this amount. Add sugar, bring to a full boil and boil rapidly for two minutes. Remove from stove, add pectin and stir well. Pour into clean, hot glasses and seal with paraffin.

ORANGE MARMALADE

6 oranges
1 lemon
Water
Sugar

Thin-skinned fruit is best for marmalade. Slice the oranges and lemons thin, removing the seeds, or run them through a food chopper. Measure, add an equal quantity of cold water

and let stand twenty-four hours. Boil gently until the rind is tender. Measure and add an equal amount of sugar. Cook until it sheets from the spoon like jelly (thirty to sixty minutes). Pour into clean, hot glasses and seal with paraffin.

PRESERVED CITRON

3 pints prepared citron
4 cups sugar
3 cups water
2 lemons
1 tablespoon ginger root

Cut citron melons in quarters, peel, remove seeds and cut in small pieces. Cover with a brine made of two tablespoons salt to a quart of water and let stand over night. Drain, rinse in fresh water and drain again. Cover with boiling water, cook until clear and tender and drain. Measure at this time. Mix sugar, water, sliced lemons, and ginger root and boil for five minutes. Cook the prepared citron in this syrup until plump and transparent. Pack in hot, sterilized jars. Skim out lemon and ginger and boil the syrup until thick (about ten minutes). Pour over the citron and seal the jars.

PRESERVED CITRON (CANDIED)

1 pound citron (prepared for cooking)
1 pound sugar
1 cup water

Prepare the citron by paring and removing seeds. Cut in pieces and blanch for two minutes in boiling water. Make a syrup of the sugar and water, add citron and boil rapidly fifteen minutes. Let stand over night and boil again for ten or fifteen minutes. Repeat this process every day for from four to six days, until the fruit looks plump and transparent. Then drain off the syrup and dry the citron in a shallow tray in the sun or in a warm oven.

This candied citron is different from the commercial variety which is made from a citrus fruit instead of from the citron melon but it is a good substitute for it.

STRAWBERRY PRESERVES

4 pounds berries (about 3 quarts)
3 pounds sugar (6 cups)

Select firm, not overripe berries, wash if necessary, and hull. Add the sugar to the strawberries and heat gently until the sugar

dissolves and the juice is extracted from the berries. Then cook rapidly until the fruit is plump and transparent and the syrup is thick, stirring to prevent burning. Pour to overflowing into clean, hot fruit jars and fully seal. This method can be used for making preserves with all berries except blackberries.

SUN-COOKED STRAWBERRY PRESERVES

Place in a large preserving kettle four cups of sugar in three-fourths cup of water. Heat slowly, stirring; when dissolved add two pounds (one and one-half quarts) of strawberries which have been washed and hulled, and cook for ten minutes. Stir constantly to be sure that sugar is dissolved. Pour on to shallow dishes or large platters. Place in the sun, being careful to protect the strawberries from dust and insects, and allow the berries to remain in the sun until the juice is thick and syrupy, which will take two or three days. Pour into clean, hot, small glass jars or jelly glasses. If jelly glasses are used, seal with paraffin. Fill the jars full.

All berries may be sun-preserved in practically the same way with the exception of blackberries, which contain hard cores in the center, and gooseberries.

PICKLES

Pickles are vegetables or fruits which have been preserved with vinegar. A large number of different products are adapted to this method of treatment and the possible variety of pickles is further increased by the use of different spices and varying amounts of sugar.

Green and slightly underripe fruits and vegetables are generally used for pickling. Among the most common vegetables which are pickled are cucumbers, tomatoes, beets, onions, carrots, cabbage, and peppers. Among the fruits especially good for sweet pickles are peaches, apples, plums, watermelon rind, cherries, grapes, figs, and pears.

Freshly gathered products will give better results than fruits and vegetables which have been allowed to stand until stale and withered.

As a preliminary step in pickling many vegetables, brining

is necessary. This is simply allowing the prepared material to stand in a solution of salt and water. The water is thus drawn out of the vegetable so that it will remain crisp and firm, instead of shriveling, when it is treated with the pickling syrup.

CUCUMBER PICKLES

The only way to insure success in pickling cucumbers is to cure them thoroughly in a brine before treating with the pickling syrup. Short cut methods are very likely to result in tough shriveled pickles instead of a firm, crisp product.

Use fresh cucumbers from one to four inches long, having them all as near the same size as possible. Make a brine by dissolving one pound of salt in four and a half quarts of water and cover the cucumbers with it. This will register forty degrees on a salt hydrometer. Add a little more salt (two tablespoons) each day for several days, otherwise the brine will be reduced by the water drawn out of the cucumbers. It should be kept at forty to forty-five degrees for ten days and then more salt should be added every few days until the brine tests sixty degrees. About three-fourths of a cup of salt will be required. Leave the cucumbers in the brine until they show a uniform olive-green color when cut open; white spots indicate that the curing is not complete. Four to six weeks will be required.

To remove excess salt soak the pickles in cold water for several hours. Drain, cover with vinegar and let stand several hours or even for two or three days. Drain off this vinegar and cover with fresh vinegar to which sugar and spices have been added. Use one cup of sugar and one tablespoon mixed spices to a quart of vinegar, simmering the ingredients together for five minutes. If a sweeter pickle is desired add an extra half cup sugar daily for several days. A total of one and one-half pounds sugar to a quart of vinegar may be used.

RIPE CUCUMBER PICKLE

12 large, ripe yellow cucumbers
1 quart white vinegar
2 ounces mustard seed
1 pound sugar

Peel cucumbers, cut in quarters, remove seeds, then cut in small pieces. Soak over night in a brine of one cup of salt to one

gallon water. Drain. Bring vinegar, mustard seed and sugar to boiling point, add cucumbers and cook until they can be pierced with a fork. Seal hot in sterilized jars.

CUCUMBER AND PIMIENTO PICKLES

Slice crisp green cucumbers in slices one-fourth inch thick. Soak over night in salt water. Drain. Allow one cup liquid for each pint of sliced cucumbers. Prepare the liquid in the following way. For every quart of vinegar (diluted if strong) use one and one-half cups of sugar, one-half teaspoon mustard, one-half teaspoon celery seed and a few whole cloves. Cook liquid until the sugar dissolves, put in cucumbers, and cook until they are clear. Add one chopped pimiento for each pint, cook five minutes and seal hot in sterilized jars.

CHILI SAUCE

12 large ripe tomatoes
3 onions
2 sweet green peppers
2 sweet red peppers
2 tablespoons mixed spice
2 teaspoons celery seed
2 cups vinegar
1½ cups brown sugar
3 teaspoons salt

Peel the tomatoes and cut in small pieces. Chop the onions and peppers. Mix all together and add remaining ingredients, having the spices tied in a cheesecloth bag. Cook until thickened, about one and one-half hours. Turn into sterilized jars and seal.

CORN RELISH

12 ears corn
1 medium head cabbage
3 red sweet peppers
1½ cups sugar
2 cups vinegar
2 tablespoons mustard seed
1 tablespoon celery seed
2 tablespoons salt
1½ teaspoons turmeric

Cut the corn from the cob, chop the cabbage or shred it fine, and chop the peppers. Add all the remaining ingredients except the turmeric, and boil for fifteen minutes. Add turmeric just before taking from the fire. Seal at once in sterilized jars.

MUSTARD PICKLES

150 small cucumbers
2 heads firm cauliflower
1 dozen sweet green peppers
1 dozen sweet red peppers
2 quarts pickling onions
2 quarts small green tomatoes
2 bunches small carrots

Cut cucumbers in small pieces; break cauliflower; cut peppers in small pieces, discarding seeds and white portion; peel onions, slice tomatoes. Put the vegetables together and cover with a brine made from three cups salt and enough water to cover. Let stand over night and drain. Cover with liquid made up of two-thirds water and one-third vinegar, bring to boiling point and drain. Steam carrots until tender, dice and add to other vegetables. Pour Sauce over them, and bring to boiling point, stirring from the bottom to prevent sticking, but taking care not to break or mash the vegetables. Put in hot jars and seal.

Sauce

3 cups flour
¾ cup mustard
6 cups vinegar
3 pounds brown sugar
1 tablespoon black pepper
1 tablespoon salt
2 tablespoons mixed spice
3 tablespoons turmeric

Mix flour and mustard with equal parts water and vinegar to make liquid paste. Heat vinegar and add sugar and spices. Add mustard mixture and cook in a double boiler until thickened.

PICKLED PEACHES

½ peck peaches
2 pounds brown sugar
1 pint vinegar
1 ounce stick cinnamon
Whole cloves

Use peaches not too ripe, peel them and stick each one with four or five cloves. Simmer sugar, vinegar and cinnamon together for twenty minutes. Put peaches in syrup, a few at a time, and cook until tender. Skim out and pack in sterilized jars. Boil down syrup until thick, fill the jars with it, and seal.

PEPPER HASH

12 sweet red peppers
12 sweet green peppers
12 good sized onions
3 pints vinegar
4 tablespoons salt
2 cups sugar

Grind red and green peppers and onions through the medium blade of the food chopper. Cover with boiling water and let stand fifteen minutes. Drain, cover with boiling water again, let stand fifteen minutes, and drain. Add the vinegar, salt and sugar. If the vinegar is very strong use only one quart, adding one pint water. Cook thirty minutes. Seal while hot in sterilized jars.

RED PEPPER JAM

12 large red sweet peppers
1 tablespoon salt
1 pint vinegar
3 cups sugar

Remove the seeds from the peppers and put the peppers through a food grinder, using a medium knife. Sprinkle with salt and let stand three or four hours. Drain and add vinegar and sugar. Boil gently until of the consistency of jam — about one hour. Pour into clean hot glasses and cover with melted paraffin.

PICCALILLI

2 quarts green tomatoes
3 small onions
¼ cup salt
1 sweet green pepper
1 sweet red pepper
1 pint chopped celery
1½ cups brown sugar
1½ cups vinegar
¼ cup mixed spice

Chop the tomatoes and onions, cover with the salt and let stand over night. Drain and add the chopped peppers and celery, sugar, vinegar, and the spices tied in a cheesecloth bag. Simmer until tender, about two and one-half hours. Turn into sterilized jars and seal.

TOMATO AND APPLE CHUTNEY

6 large tomatoes
6 apples
4 small onions
1 green pepper
1 cup seeded raisins
¼ cup mixed spice
3 teaspoons salt
3 cups brown sugar
1 quart vinegar

Chop the tomatoes, apples, onions, raisins and pepper fine. Add the remaining ingredients, having the spice tied in a cheesecloth bag, and boil one and one-half hours. Remove the spice bag, turn the pickle into sterilized jars and seal.

WATERMELON PICKLE

3 pounds prepared watermelon rind
5 cups sugar
2 cups vinegar
1 cup water
1 tablespoon stick cinnamon
1 tablespoon whole cloves
1 tablespoon whole allspice
1 lemon

Prepare the watermelon rind by removing the green skin and pink pulp and cutting in small pieces. Let stand over night in salt water (two tablespoons salt to one quart water), drain, cover with fresh water and boil until tender. Mix the sugar, vinegar and water, add the spices in a cheesecloth bag, and the lemon, sliced. Boil five minutes, add watermelon and cook until transparent. Turn into clean, hot jars and seal, first removing the spice bag.

FRUIT JUICES

Fruit juices, prepared from either cooked or uncooked fruits, may be canned or bottled for future use. A thermometer is an important part of the equipment. The temperatures which give the best results are below the boiling point and it does not pay, as a rule, to guess at them.

COOKED FRUIT JUICE

Select sound, ripe fruit, crush and heat slowly to simmering point (about 185°). Strain through a double thickness of cheesecloth or through a jelly bag. Let stand a few hours in a cool place to allow the sediment to settle to the bottom. Carefully pour off (or siphon) the juice, leaving the sediment undisturbed. Add one cup of sugar to a gallon of juice unless the juice is to be used later for jelly making. Pour juice into clean fruit jars or bottles. When using fruit jars, partly seal, as for canning. If bottles are used, put the stopper in lightly. Process for thirty minutes in a water bath canner at simmering temperature (about 180°) a little lower than the temperature (185°) at which the fruit was cooked. Do not boil. Water in canner for fruit juices should come to neck of jar or bottle.

UNCOOKED FRUIT JUICE

Press out the juice of uncooked fruit in a cider press or fruit press. Warm the juice to 110°. Add sugar, as for Cooked Fruit Juice, if desired. Pour while warm into clean fruit jars or bottles; partly seal, as above, and process for thirty minutes in a water bath canner with temperature at 180° (30° below boiling). Remove, and seal immediately. Store in a cool, dry place. This method is excellent for making apple cider.

BLACKBERRY CORDIAL

Boil together for fifteen minutes one quart of blackberry juice, one pint of sugar and one tablespoon each of cloves, allspice, cinnamon, and nutmeg. Pour the boiling liquid into clean, hot jars and seal at once.

GRAPE JUICE — UNCOOKED

Wash and stem grapes. Measure and place one cup of grapes in a clean, quart fruit jar. Add one cup of sugar. Fill jar with boiling water and seal immediately. Invert jar for a few hours before storing. This juice should ripen for six weeks before using.

PINEAPPLE JUICE

An excellent juice for fruit drinks, ices or sauces, may be made from the pineapple cores, eyes and skins, which are often discarded. Cover the cores and skins with cold water and cook slowly in a covered kettle for thirty to forty minutes. Strain the mixture through a jelly bag. Measure the juice, heat it and add one-sixth as much sugar as juice. Boil rapidly for ten minutes. Seal immediately in clean, hot fruit jars.

RASPBERRY VINEGAR

Pick over and wash the berries. To each pound of fruit add two and one-half cups of vinegar, diluted if very strong. Let stand in a crock or glass or enamel bowl in a cool place for about two weeks. Strain through a jelly bag and measure. Add one cup of sugar to four cups of juice and bring just to boiling point. Seal immediately in hot bottles or fruit jars. Currants or blackberries may be used instead of raspberries, if desired.

SPECIAL COOKERS

Various special cookers have been designed to meet the demands of the modern housekeeper — fireless, pressure and waterless cookers. None of them involve new cooking principles; ordinary procedures and recipes can be adapted to them. Experience is, of course, necessary for the greatest ease and efficiency in using them, as is the case with any piece of equipment. As the operator becomes accustomed to the appliance, however, results will be increasingly satisfactory.

THE FIRELESS COOKER

A fireless cooker is an insulated box with close fitting cover in which heat is retained to such an extent that hot food placed in it will continue to cook until done. Non-electric cookers are provided with discs of metal or soapstone which, heated on the stove and then placed in the cooker, give enough heat for baking and for long cooking. Electric fireless cookers are equipped with heating elements which can be turned on and off according to the amount of heat required. These often have automatic control which adds to their convenience and efficiency.

The fireless cooker takes the place of the kitchen range to some extent and is an ideal auxiliary cooker. It offers as special advantages convenience, economy, and comfort. It does away with pot-watching and enables one to serve a hot meal quickly after hours away from the kitchen. It conserves heat and so cuts down the fuel requirement. It keeps the room cool and free from cooking odors.

Boiling, stewing, baking and roasting can all be carried on in a fireless cooker. The appliance can be used to best advantage for dishes requiring long cooking. This is especially true of

the non-electric cooker for which heat from an outside source must be used at the start.

The exact procedure for the preparation of food by the fireless method varies with the different types of cookers. Time and temperature tables and special suggestions and precautions have been carefully worked out by the manufacturer for his own cooker and it is reasonable to assume that the best results will be obtained by following the directions that come with the appliance.

The following menus are typical of meals prepared in a fireless cooker. In some instances desserts or vegetables must be cooked separately, unless a cooker of more than single well capacity is used.

Baked Ham
Mashed Potatoes Buttered Beets
Lettuce, Russian Dressing
Apricot Tapioca

Roast Chicken
Southern Sweet Potatoes
Buttered Onions
Fresh Lima Beans
Celery
Apple Pie Whipped Cream

Veal Cutlets
Boiled Potatoes Creamed Carrots and Celery
Currant Jelly
Sliced Tomatoes
Steamed Fig Pudding

Pot Roast of Beef
Riced Potatoes
Buttered Cauliflower
Pickled Beets
Fruited Mousse

New England Boiled Dinner
Baked Indian Pudding

Lamb Stew with Dumplings
Dressed Lettuce
Gingerbread Hard Sauce

THE PRESSURE COOKER

The pressure cooker is a household appliance which has economy as its aim. Because foods cook in it in less time than by ordinary methods, time and fuel are saved. The fact that several foods may be cooked together over one burner means a further economy in fuel. There is no danger of burning and consequently no pot watching. The less expensive foods which

are often shunned on account of the long cooking required to make them palatable are so easily prepared in the pressure cooker that they make a new appeal to the housewife.

The appliance consists of a heavy container with a cover which can be made air-tight. When liquid in the cooker is turned to steam on application of heat there is no escape for the steam, and pressure develops. Under such conditions the boiling point is raised so that the temperature is considerably higher than 212°, the temperature at which ordinary steaming and boiling are done. With fifteen pounds pressure, for instance, the temperature in the cooker is 250°.

The cooker is equipped with a pet cock for releasing the pressure, a safety valve which prevents accidents by automatically opening if the pressure becomes too great, and a steam gauge which registers the amount of pressure. The cover is made to fit tightly and fasten so that the pressure exerted on it from within cannot force it open.

Inset dishes provide for cooking more than one food at a time.

The pressure cooker may be used on any type of range, but as a fuel saver it is more important when gas, oil, or electricity is used than with a coal or wood stove.

Because steam is the only form of heat made available by the pressure cooker, the appliance has its limitations. When one has mastered it completely, however, it will produce results that are very similar to boiling, stewing and roasting.

For preparing the less expensive cuts of meat the pressure cooker is especially important. The choicer cuts, too, can be successfully cooked with proper handling. By careful preparation it is possible to have meats as well browned as if they had been roasted. This is done by searing first in the bottom of the cooker or browning in a hot oven after the steam processing is completed.

For vegetables which require long cooking, like old beets, carrots, and turnips, the pressure cooker is ideal. Dried vegetables and fruits, too, may be quickly cooked and require little or no soaking.

For the more delicate vegetables, such as asparagus and spinach, and for soft fruits there is no advantage in using the pressure cooker. Little time is saved and the danger of overcooking is considerable.

Batters and doughs cannot be successfully steamed under pressure until the action of the leavening agent is completed. However, a bread or pudding which would require two or three hours cooking may be steamed for an hour without pressure and finished in ten minutes with pressure.

For canning there is no device more satisfactory in home use. The time for each item is greatly reduced and the high temperature insures complete sterilization, preventing waste by spoilage.

In planning whole meals for the pressure cooker choose as far as possible foods that have the same cooking time. For economy do not open the cooker more than once to insert or remove a dish. After a little experimenting many possible combinations will suggest themselves. The variety of desserts which may be prepared successfully at the same time with meats and vegetables has proved rather limited, and it is more satisfactory on the whole to use fruit or some easily prepared combination with pressure cooker meals.

Directions for operating any particular cooker accompany it and should be carefully read before attempting any work.

Time tables and suggestions for adapting ordinary recipes to pressure cookery are also found in the booklet of directions.

MENUS FOR THE PRESSURE COOKER

Salads and desserts, when needed, are to be added to these menus.

Round Steak
Steamed Potatoes Buttered Carrots
Apricot Tapioca

Pound flour into steak and sear in a little fat in the bottom of the cooker. Sprinkle with salt and add one-fourth cup water. Arrange potatoes on top of meat. Put carrots, diced or sliced, in an inset dish, sprinkle with salt, and place in cooker. For pudding, use one-third cup pearl tapioca, one cup dried apricots, one-half cup sugar, and one tablespoon lemon juice. Put in inset dish and place in the cooker. Cook for thirty minutes at fifteen pounds pressure. Thicken liquid in the bottom of the cooker with a little flour mixed to a paste with cold water. Add butter to carrots.

Shoulder of Lamb
Riced Potatoes
Buttered String Beans

Have lamb boned and rolled. Heat cooker very hot. Dredge meat with flour and sear all surfaces, letting it brown well. Add one tablespoon salt and one-half cup hot water. Cook for thirty minutes at fifteen pounds pressure. Release steam, and put potatoes and beans in the cooker in inset dishes. The vegetables should be sprinkled with salt. Cook for ten minutes at fifteen pounds, and release pressure slowly. Thicken the juices in the bottom of the cooker for gravy, first removing some of the fat if there is too much. Put potatoes through ricer and add butter to the beans.

Ham Cooked in Milk
Dried Lima Beans, Creamed
Braised Cabbage

Have slice of ham cut about an inch thick. Freshen if necessary. Sear on both sides in a hot pan. Place in one of the inset dishes and cover with milk. Put on rack with a cup of water in the bottom of the cooker.

Soak two cups of lima beans for an hour in cold water. Drain and cover with fresh cold water. Bring slowly to the boiling-point, drain, and cover with boiling water, and add two teaspoons of salt. Put in cooker in another of the inset dishes. Raise pressure to fifteen pounds and cook for twenty minutes.

Cook one-fourth cup onion in three tablespoons ham fat until yellow. Add two tablespoons flour, one-half cup water, one teaspoon salt and one quart shredded cabbage. Put in inset dish. Open cooker and remove beans. Put in cabbage and cook for ten minutes at fifteen pounds pressure. Add one-half cup cream and one tablespoon butter to the beans

Chicken Fricassee
Steamed Sweet Potatoes
Dried Corn

Cut up a fowl, dredge each piece with flour and sprinkle with salt. Sauté in a little fat in the bottom of the cooker until delicately browned. Add one cup hot water. Soak corn for

an hour in cold water to cover. Put in inset dish and place in cooker with the chicken. Raise the pressure to fifteen pounds and hold it for twenty-five minutes. Release the pressure, put pared potatoes in the cooker in another inset dish and cook ten minutes at fifteen pounds. Season the corn with butter and salt and add a little cream or top milk. Thicken the liquid in the cooker with flour mixed to a paste with cold water and serve it as gravy.

THE WATERLESS COOKER

There is no fresh vegetable, fruit or cut of meat which does not contain in itself enough water to supply the moisture necessary for cooking, if the proper method is followed. The advantage of waterless cookery is twofold. In the first place there is no superfluous liquid to be discarded at the end of the cooking period, and so the valuable nutritive elements which dissolve in water are all retained and none of the flavor is lost.

Economy of fuel is the second consideration. The cooking is all done on top of the stove and only a small amount of heat is needed.

For successful waterless cookery special utensils are required. They may be either of very heavy aluminum or of a lighter metal with specially designed base. Close fitting covers prevent loss of moisture through steam. Construction of this sort, affording to the contents of the kettle protection from intense heat, and giving an even heat distribution, makes it possible to bring foods to a cooking temperature without scorching and without the addition of liquid.

For meats and vegetables the waterless method is ideal. The moist atmosphere developed quickly softens tough connective tissue and cellulose and makes the less expensive cuts of meat and the coarser vegetables tender. Because there is no loss of flavor, choicer roasts and more delicate vegetables, too, are at their best.

Meat must be browned by searing in the bottom of the cooker before the cover is adjusted if the results are to approximate those obtained by oven roasting.

If cereals, or dried fruits and vegetables are to be cooked in waterless utensils they must of course have enough water added to make up for that which has been evaporated in the drying process. In the case of the less succulent foods the cooking process may be hastened by the addition of a tablespoonful or two of water, just enough to liberate a little steam quickly.

In the waterless cooker which is fitted with inset dishes it is possible to cook a whole meal at one time. The usual procedure is to place the meat and perhaps one vegetable in the bottom of the cooker and to cook another vegetable and dessert in inset dishes above, utilizing the steam which rises.

MENUS FOR THE WATERLESS COOKER

Pot Roast Gravy
Browned Potatoes String Beans
Sliced Cucumbers
Apple Betty

Heat the cooker, put two tablespoons fat in it and sear the meat until browned on all sides. Season with salt and pepper. Reduce heat and put in string beans in vegetable pan. Cover and cook for one and one-half hours. Place peeled potatoes around the roast and put in the pudding in an inset dish. Cook for an hour longer. Thicken the gravy to serve with the meat.

Hamburg Loaf Mushroom Sauce
Carrots Riced Potato
Lettuce Hearts French Dressing
Apples Stuffed with Dates

Mold well seasoned Hamburg steak into a loaf and place it in the cooker which has been thoroughly heated. Cook at a low temperature for half an hour. Place potatoes, cut in quarters around the meat, and diced carrots and prepared apples in inset dishes and cook for an hour longer. Thicken the liquid in the cooker and add sautéed mushrooms. Serve with the meat loaf.

Ham with Scalloped Potatoes
Cabbage
Stuffed Tomato Salad
Bread and Raisin Pudding

Heat the cooker and brown a thick slice of ham in it. Add a quart of sliced potatoes, an onion, sliced, and two cups thin white sauce. Cover and cook for half an hour. Place cabbage and pudding in inset dishes and continue cooking an hour longer.

Roast Chicken
Riced Potatoes Peas
Endive French Dressing
Steamed Chocolate Pudding

Heat the cooker and melt two tablespoons fat in it. Sear chicken, which has been stuffed, until well browned on all sides. Cover and cook for one and one-half to two hours. Put peas, potatoes and pudding in inset pans and cook an hour longer. Thicken the liquid in the bottom of the cooker and serve with the chicken.

THE TABLE STOVE

The table stove is, as its name implies, an electric appliance with which food may be prepared at the table. The most complete type includes broiler, griddle, deep pan for boiling and stewing, egg poacher, toaster and waffle iron. All the different operations involved cannot be carried on at one time, however. Only three processes at once are possible and they must be carefully selected. One dish can sometimes be kept hot while the rest of the meal is cooking. Fruit cups or hors d'oeuvres, salads and ready cooked desserts will adequately supplement one hot course.

Do not try to serve too many people from a table stove. A dinner or hearty luncheon should not be undertaken for more than four, but with a simple menu six can often be served comfortably.

Collect all the necessary ingredients and accessories before starting a table stove meal and keep them together on a tray. In order to save time and to avoid confusion have the materials measured and prepared for cooking.

The following menus suggest combinations suitable for table cookery. It is assumed that beverages will be prepared separately.

BREAKFAST MENUS

Iced Orange Juice
Cooked Cereal with Raisins
Broiled Bacon
Toasted Muffins
Coffee

Cantaloupe
Creamed Dried Beef
Toasted Triscuit Coffee Marmalade

LUNCHEON MENUS

Cream of Celery Soup (Canned)
Toasted Deviled Ham Sandwiches
Grilled Tomatoes
Sponge Cake, Strawberry Sauce, Whipped Cream
Iced Tea

Broiled Bacon
Tomato Rarebit on Toasted Saltines
Cucumber Salad
Sliced Peaches Cream

DINNER MENUS

Broiled Lamb Chops
Creamed Peas and Mushrooms
Macaroni Salad
French Toast Jelly
Iced Coffee

Sautéed Ham and Pineapple
Creamed Potatoes
Cabbage and Raw Carrot Salad
Chocolate Layer Cake
Coffee

OVEN MEALS

When the oven is used for cooking a whole meal at one time it is logical to class it among the special cookers.

Oven cookery means economy of fuel and of time, it makes good use of the temperature control, it can be adapted to water-

less cookery, and, best of all perhaps, it requires little attention and so gives freedom for other activities.

For meals prepared in the oven no special recipes or equipment are required but a little thought must be given to the planning of the menu. Choose foods that will cook at the same temperature and for the same length of time — inexpensive roasts and stews and the fibrous vegetables for long, slow cooking; choicer cuts with the more delicate vegetables when a quicker process is to be used. Remember that while there is undoubtedly an optimum temperature for every food it is often possible to decrease or increase it with acceptable results by correspondingly increasing or decreasing the time.

A few other points to keep in mind follow: Use covered dishes for long cooking to prevent drying. Add only a little water to fresh vegetables — one-quarter to one-half cup is sufficient. Add salt before cooking. Sear meat in a frying pan or at a high temperature in the oven when it is desirable to have it browned.

An oven-cooked meal, like any other, usually needs a salad to complete it, and often a dessert, uncooked or previously prepared, can be used to better advantage than one that is baked with the rest of the dinner.

An automatic temperature control is not always essential but it is desirable, and absolutely necessary when the dinner is to be left without attention for a whole afternoon.

MENUS FOR OVEN MEALS

Spanish Pot Roast
Riced Potatoes Green Beans
Fruit Salad
Toasted Crackers
Coffee

Sear a two- to three-pound piece of beef, browning it well. Put in a kettle and add two cups canned tomato, a teaspoon each of sugar and salt, a medium sized onion, chopped, and a medium sized green pepper, chopped.

Peel the potatoes and put in an oven dish with about one-quarter cup water — just enough to cover the bottom of the

dish — and one teaspoon salt. Prepare beans, and add water and salt as for potatoes. Cover all the dishes.

Cook at 275° for four hours. Thicken the liquid in which meat cooked, for the gravy, rice the potatoes and season the beans with butter.

Baked Ham with Fruit Sauce
Candied Sweet Potatoes
Lettuce Creamed Celery
Scalloped Apples
Coffee

Place a slice of ham cut about an inch thick in baking dish, add one cup crushed pineapple with its syrup and one-quarter cup seedless raisins. Arrange sliced sweet potatoes in shallow baking dish, sprinkle with brown sugar and bits of butter or margarine. Dice celery, add water to cover bottom of dish and a little salt.

For the Scalloped Apples, arrange sliced apples, bread crumbs, sugar and bits of butter or margarine in alternate layers in a greased baking dish, adding a few tablespoons of water.

Cover all the dishes and bake for one and one-quarter hours at 400°. Add cream sauce to celery.

Shoulder Lamb Chops
Sweet Potato with Apple
Julienne Carrots Celery
Rice and Raisin Pudding
Coffee

Sear chops until well browned and season well. Put in a baking dish with a small onion, sliced. Pare and slice sweet potatoes, arrange in baking dish, cover with about one-quarter the quantity of pared, cored, sliced apples. Sprinkle liberally with brown sugar, dot butter or margarine and add a little cinnamon. Cut carrots in thin strips, add salt. Prepare pudding.

Cover all the dishes, bake for two hours at 325°, for three hours at 275° or for four to five hours at 250°. Add butter to carrots before serving, and thicken liquid which has formed around the chops to use as gravy.

MENU MAKING

Menu making is a task full of responsibilities for it is on a proper selection of foods that the health of the family rests. The science of nutrition is extremely complex, but, fortunately the findings of nutritionists can be stated in simple form and applied in a very practical and definite manner to the everyday problem of feeding the family.

To plan menus intelligently it is necessary to be familiar, in a general way, with the functions and sources of five classes of food materials, each of which is essential to the growth and upkeep of the body.

1. *Protein* provides material for the building and renewal of tissues. It is found most extensively in animal products. Vegetable proteins are inferior in quality and cannot well be used in the diet as the exclusive source of protein.

2. *Carbohydrate* furnishes heat and energy for carrying on the work of the body. Starchy foods and sugars and all the products in which they are used are carbohydrate foods.

3. *Fat*, like carbohydrate, is a fuel food. It is supplied by the various products which are readily recognized to be of a fatty nature.

4. *Vitamins* are substances present in foods in minute amounts but they are absolutely essential to life. They are called the protective food elements because they give resistance to certain diseases and contribute toward the maintenance of health. Not all of the known vitamins have been isolated chemically so their composition is uncertain, but their action has been studied by animal experimentation. There are three vitamins to be considered especially by the housewife in feeding her family. They are commonly referred to as A, B and C.

Vitamin A is necessary for growth and resistance to infection. It has a fairly wide distribution through the plant and animal world and withstands drying and ordinary cooking without serious loss.

Vitamin B is necessary to proper functioning of the nervous and digestive systems. It is found in both animal and plant tissues, having a wider distribution than any other vitamins. Ordinary cooking processes do not destroy it and it withstands drying.

Vitamin C has a definite function in the prevention of scurvy and also contributes to general good health. Its distribution is irregular and it is easily destroyed by heat and by drying. To insure a sufficient amount of it in the dietary a liberal allowance of uncooked fruits and vegetables should be provided.

5. *Minerals* are needed only in small quantities but they are essential in regulating the body functions so that perfect health results. There are four, calcium, iron, phosphorus and iodine which must be given special attention. The others are required in such minute quantities and are present in so many food stuffs that a reasonably varied diet is sure to provide them in adequate amounts.

Calcium builds bones and teeth, iron is needed by the blood, phosphorus is a part of every living cell and works with calcium in the formation of bone and teeth. Iodine is of special importance because lack of it causes goiter. It is ordinarily contained in a great variety of natural foods, but if the soil lacks iodine the plants growing in it will also be deficient. A sure source is sea food.

Bulk or roughage, that is, a coarse residue that is not digested and absorbed, is necessary for proper elimination of waste products. Fruits, vegetables and whole grain cereals supply it in the cellulose, an indigestible form of carbohydrate, which they contain.

Water is also essential for carrying on the body processes. Every food contains it, but in addition, at least a quart of liquid should be taken daily.

The following table gives the best sources for the various food materials.

SOURCES OF FOOD MATERIALS

Protein	*Fat*	*Carbohydrate*
Lean Meat	Butter	Flours
Fish	Cream	Cereals
Eggs	Bacon	Cornstarch
Milk	Fat Meat	Tapioca
Cheese	Salad Oils	Breads
Dried Beans	Cooking Fats	Crackers
Dried Peas	Cheese	Cakes
Nuts	Egg Yolk	Pastry
Cereals	Nuts	Sugars
Bread		Syrups
Macaroni		Candy
		Sweet Desserts
		Bananas
		Dried Fruits
		Potatoes
		Dried Beans
		Dried Peas

Vitamin A	*Vitamin B*	*Vitamin C*
Milk	Navy Beans	Oranges
Cream	Kidney Beans	Lemons
Butter	Asparagus	Grapefruit
Egg Yolk	Whole Grain Cereals	Tomatoes
Spinach	Spinach	(fresh or canned)
Carrots	Carrots	Raw Cabbage
Leaf Vegetables	Cabbage	Raw Carrots
String Beans	Cauliflower	Lettuce
Peas	Tomatoes	Potatoes
Sweet Potatoes	Fruits	Peas
Squash	Meat	String Beans
Tomatoes	Milk	Onions
Liver	Cream	Rutabagas
Kidney	Egg Yolk	Apples
Cheese	Molasses	Pineapple
Pineapple	Yeast	Bananas
Peaches		Raspberries
Cantaloupe		
Whole Wheat Bread		

SOURCES OF FOOD MATERIALS—(Continued)

Calcium	*Iron*	*Phosphorus*
Milk	Spinach	Dried Beans
Cheese	Liver	Dried Peas
Spinach	Red Meat	Spinach
Leaf Vegetables	Egg Yolk	String Beans
Carrots	Leaf Vegetables	Asparagus
Turnips	Potatoes	Celery
Parsnips	Asparagus	Rhubarb
Celery	Cabbage	Lean Meat
Cabbage	Dried Beans	Fish
Cauliflower	Dried Peas	Milk
Rhubarb	Prunes	Cheese
Whole Grain Cereals	Raisins	Whole Grain Cereals
	Dates	Nuts
	Figs	
	Whole Grain Cereals	

RULES FOR MENU MAKING

If the following plan for making menus is used the essential nutritive elements, in amounts adequate for the normal individual, will be provided.

1. Use a pint of milk a day for every adult in the family, a quart for each child.
2. Serve two vegetables other than potato every day, one of them a raw or leafy vegetable as often as possible.
3. Serve at least one fruit, preferably two, every day. Use fresh, raw fruit frequently.
4. Allow a moderate serving of meat or fish and an egg daily.
5. Use fat in moderate amounts.
6. Serve enough starchy food (bread, cereals, potatoes) and simple sweets to satisfy the appetite after the other requirements have been met.

In following the outline for menu making remember that ingredients used in cooking have the same value as when served by themselves. Milk, for example, is not necessarily used as a beverage. It is equally nutritious in soups, sauces or desserts. It is often possible to disguise a food that is disliked by combining it with other materials.

The appetite is not always a safe guide to the amount of food needed. If any member of the family puts on too much weight he should cut down on the amount of starches, sweets and fats that he eats, if he is underweight these should be increased. The foods mentioned in the first four rules are absolutely essential, no matter on which side of the balance the weight of the individual falls.

In addition to the nutritive value of a meal there are the matters of appearance and palatability to be considered as well. Texture, color, and flavor are all important factors in successful food combination and the aim should be to avoid repetition in any one.

A relish, in the form of a crisp, raw vegetable, pickle, jelly or other savory, selected with due regard for the foods with which it is to be eaten, often adds greatly to the appeal of a meal.

RELISHES FOR MEAT ACCOMPANIMENTS

Beef	*Veal*	*Lamb*
Catsup	Pickled Beets	Currant Jelly
Worcestershire Sauce	Chili Sauce	Mint Jelly
Mustard Pickle	Chutney	Pickled Pears
Sliced Cucumber Pickle	Sour Gherkins	Sautéed Pineapple
Pickled Onions	Watermelon Pickle	Spiced Gooseberries
Spring Onions	Spiced Grapes	Sweet Gherkins
Beach Plum Jelly	Damson Jam	Radishes
Spiced Currants	Celery	Green Olives

Pork	*Poultry*	*Fish*
Apple Jelly	Currant Jelly	Pickled Beets
Spiced Apples	Cranberry Jelly	Piccalilli
Cider Apple Sauce	Barberry Jelly	Cole Slaw
Mustard Pickles	Cantaloupe Pickle	Pepper Relish
Dill Pickles	Pineapple Conserve	Catsup
Chow Chow	Celery	Green Tomato Pickle
Sauerkraut	Radishes	Cucumber Quarters
Cole Slaw	Stuffed Olives	Ripe Olives

PLANNING MEALS FOR THE FAMILY

The needs of children should be considered first, for good nutrition is even more essential to their development than it is to the well being of adults. The basic requirements for children and adults are alike, but children cannot take care of all the richer and heavier foods that grown-ups enjoy. If there are children in the family, plan the meals on very simple foundations so that one set of menus will serve, in general, for all.

Breakfast is not usually much of a problem, but it should not be neglected or allowed to become so monotonous that it is entirely without interest. Fruit, cereal with milk, some form of bread, a hot beverage, sometimes egg, bacon or fish, proves adequate and works in well with the type of menu best adapted to the other two meals. Even with so few foods as seem suited to breakfast a great many different combinations are possible.

Lunch or supper provides an opportunity to use a soup or entrée which perhaps contains part of the milk and some of the protein food or vegetable allowed for the day, or at this meal a salad, utilizing vegetables or fruit or both, may appear. A milk dessert is a good choice if the main course does not contain milk, and a fruit dessert after a main course high in starch. Cake or pudding may follow a salad.

Dinner is the meal at which the bulk of the meat allowance for the day is usually served. A starchy food, usually potato, is chosen to accompany it, and there should be a vegetable or two, and a salad if none has been served at lunch. Dessert merely rounds out the meal so plan something that will not add calories when they are not needed. When a soup or appetizer is served as a first course, that, too, has to be considered in relation to the rest of the meal.

Planning menus by the week, or at least for several days at a time, means economy of time and money, more attractive and better balanced meals and freedom from worry when meal time approaches

FAMILY MENUS

Breads and beverages, as desired, may be added to the menus on which they are not included.

MENUS FOR A WEEK IN WINTER

SUNDAY

Breakfast

Grapefruit
Farina
Broiled Bacon
Popovers Coffee

Dinner

Roast Duck
Mashed Potatoes
Baked Onions
Orange Salad
Bavarian Cream

Luncheon or Supper

Creamed Crab Meat
on Waffles
Toasted Saltines
Strawberry Preserves
Coffee

MONDAY

Breakfast

Stewed Apricots
Oatmeal
Creamed Codfish
Corn Muffins Coffee

Luncheon or Supper

Potato Soup
Buttered Toast
Filled Cookies Tea

Dinner

Tomato Bouillon
Broiled Ham, Fried Eggs
Mashed Potatoes
Spinach Timbales
Dressed Lettuce
Apple Tapioca

TUESDAY

Breakfast

Baked Apples
Corn Meal Mush
Coddled Eggs
Toast Coffee

Luncheon or Supper

Macaroni with Tomato Sauce
Celery
Canned Fruit Cookies

Dinner

Cream of Celery Soup
Chop Suey Boiled Rice
Tomato Jelly Salad
Sliced Oranges Custard Sauce

WEDNESDAY

Breakfast

Bananas
Cornflakes
Creamed Chipped Beef
on Toast
Coffee

Luncheon or Supper

Squaw Corn with Bacon
Apple Sauce
Saltines
Cocoa

Dinner

Roast Lamb
Scalloped Potatoes and Carrots
Mint Jelly
Cabbage and Green Pepper Salad
Grape Juice Sponge

MENUS FOR A WEEK IN WINTER (Continued)

THURSDAY

Breakfast

Orange Juice
Cracked Wheat
Sausages
Plain Muffins
Coffee

Luncheon or Supper

Rice Croquettes, Cheese Sauce
Canned Sliced Peaches
Brownies
Tea

Dinner

Clear Vegetable Soup
Cold Roast Lamb
French Fried Potatoes
Buttered Turnip
Water Cress
Spanish Cream Whipped Cream

FRIDAY

Breakfast

Stewed Prunes
Oatmeal
Scrambled Eggs
Baking Powder Biscuits
Coffee

Luncheon or Supper

Scalloped Lima Beans, Ventura Style
Fruit Salad
Tea

Dinner

Oyster Pie
Hashed Brown Potatoes
Pickles Celery
Steamed Graham Pudding

SATURDAY

Breakfast

Tangerines
Lamb Hash
Bran Muffins
Coffee

Luncheon or Supper

Split Pea Soup
Vegetable Salad
Stewed Figs

Dinner

Braised Liver
Baked Potatoes, String Beans
Asparagus Salad
Apple Pie

MENUS FOR A WEEK IN SUMMER

SUNDAY

Breakfast

Grape Juice
Ready Cooked Cereal
Cheese Cream Toast, Jam
Coffee

Dinner

Fruit Cup
Chicken Fricassee New Potatoes
Green Peas Currant Jelly
Tomato Salad
Lemon Milk Sherbet Cakes

Luncheon or Supper

Omelette with Creole Sauce
Buttered Rolls
Cantaloupe with Fresh Raspberries
Iced Tea

MONDAY

Breakfast

Sliced Oranges
Bran Muffins
Marmalade
Coffee

Luncheon or Supper

Creamed Eggs and Chicken on Toast
Fruit Salad
Frosted Cup Cakes
Tea

Dinner

Veal Loaf with Brown Sauce
Potato Chips
Cucumber and Tomato Salad
Caramel Custard
Cookies

TUESDAY

Breakfast

Honeydew Melon
Corn Flakes
Whole Wheat Muffins Jam
Coffee

Luncheon or Supper

Stuffed Tomato Salad
Nut Bread
Rice Molds with Fresh Fruit
Milk

Dinner

Cold Sliced Veal Loaf
Lyonnaise Potatoes
Radishes Pickles
Raspberry Sherbet

WEDNESDAY

Breakfast

Sliced Bananas
Puffed Cereal
Bran Muffins Honey
Coffee

Luncheon or Supper

Tapioca Toast
Orange and Onion Salad
Gingerbread Iced Tea

Dinner

Broiled Steak
Potatoes with Parsley Butter
Creamed Asparagus
Vegetable Salad
Fruit Gelatine Whipped Cream

THURSDAY

Breakfast

Peaches
Wheat Cereal with Dates
Toast Coffee

Luncheon or Supper

Scrambled Eggs with Soubise Sauce
Dressed Lettuce Toasted Muffins
Stewed Rhubarb Cookies
Iced Coffee

Dinner

Macaroni-Stuffed Peppers
Buttered Cauliflower
Wax Beans
Perfection Salad
New Apple Pie Cottage Cheese

FRIDAY

Breakfast

Cantaloupe
Ready Cooked Cereal
Blueberry Muffins Coffee

Luncheon or Supper

Stuffed Egg Salad
Cheese Sandwiches
Sponge Cake Iced Chocolate

Dinner

Boiled Salmon Egg Sauce
Riced Potatoes Peas
Cucumber Salad
Strawberry Ice Cream

MENUS FOR A WEEK IN SUMMER (Continued)

SATURDAY

Breakfast

Raspberries
Poached Egg on Toast
Coffee

Luncheon or Supper

Carrot Timbales
Hillside Salad
Sliced Peaches
Ginger Snaps

Dinner

Lamb Chops Creamed Potatoes
Brussels Sprouts
Iceberg Lettuce
Thousand Islands Dressing
Charlotte Russe
Coffee

MENUS FOR TWO

SUNDAY

Breakfast

Grapefruit
Hot Wheat Cereal
Bacon
Baking Powder Biscuits Coffee

Dinner

Consommé, Canned
Roast Chicken
Mashed Potatoes Peas
Dressed Lettuce
Ice Cream
Coffee

Luncheon or Supper

Club Sandwiches
Frosted Cake
Tea or Chocolate

MONDAY

Breakfast

Molded Cereal with Stewed Raisins
Toasted Biscuits with
Cheese Cream Sauce Coffee

Luncheon or Supper

Potato Salad with Peas
and Hard Cooked Egg
Bran Muffins
Cup Cakes Tea or Coffee

Dinner

Chicken en Casserole (with
onions, potatoes and carrots)
Lemon Meringue Tarts
Coffee

TUESDAY

Breakfast

Sliced Bananas
Ready Cooked Cereal
Bran Muffins Coffee

Luncheon or Supper

Chicken Soup with Noodles
Buttered Toast
Fruit Salad
Coffee

Dinner

Baked Slice of Ham
Glazed Sweet Potatoes
Baby Lima Beans
Cabbage Salad

MENUS FOR TWO (Continued)

WEDNESDAY

Breakfast

Orange Juice
Corn Meal Mush Milk
Coddled Eggs
Toast Coffee

Luncheon or Supper

Lima Beans with
Minced Ham in Tomato Sauce
Baked Custard Tea

Dinner

Lamb Fricassee
Boiled Rice, Browned Parsnips
Celery
Apple Turnover Cheese
Coffee

THURSDAY

Breakfast

Baked Apples
Ready Cooked Cereal
Toasted Raisin Bread

Luncheon or Supper

Broiled Bacon
Fried Mush Syrup
Banana Salad

Dinner

Vegetable Soup
Hamburg Steak
Baked Potatoes Stewed Tomatoes
Coleslaw
Caramel Bread Pudding

FRIDAY

Breakfast

Sliced Oranges
Oatmeal
Scrambled Eggs Corn Bread
Coffee

Luncheon or Supper

Parsnip Chowder
Toasted Corn Bread
Canned Pineapple Tea

Dinner

Boiled Cod Egg Sauce
Boiled Potatoes with Parsley Butter
String Beans
Apple Betty Coffee

SATURDAY

Breakfast

Boiled Rice with Dates
Waffles or French Toast Jelly
Coffee

Luncheon or Supper

Fish and Vegetable Salad
Plain Blanc Mange
Chocolate Sauce

Dinner

Pea Soup, Canned
Lamb Chops
Riced Potato Sautéed Pineapple
Buttered Carrots
Fruit Gelatine

SCHOOL LUNCHES

Egg Sandwiches Whole Wheat Bread and Lettuce Sandwiches
Cup Custard Gingersnaps Milk

Sliced Lamb Sandwiches Raw Carrot and Celery Sandwiches
(Graham Bread)
Dates stuffed with Peanut Butter
Banana Cocoa

SCHOOL LUNCHES (Continued)

Cream of Corn Soup (Thermos Bottle)
Brown Bread Sandwiches Jelly Sandwiches
Celery
Frosted Gingerbread

Cottage Cheese and Prune Bread Sandwiches
Tomato Sandwiches
Apple Sweet Chocolate Milk

COMPANY MENUS

COMPANY DINNERS

Hors d'Oeuvres in Aspic
Cheese Pastries
Baked Steak, Mushrooms Ball Potatoes Green Beans
Radishes, Celery and Pickles
Small Poppy-Seed Rolls
Compote of Cranberries, Kumquats and Peaches
Meringue filled with Maple Mousse Coffee

Cantaloupe Cup
Boiled Salmon, Egg Sauce
Parsley Potato Balls Buttered Green Peas
Asparagus Salad in Tomato Cups
Cheese Wafers
Orange Mousse, Strawberry Sauce
Cocoanut Macaroons Coffee

Clam Broth with Whipped Cream
Wafers
Celery Olives Radishes
Lobster Newburg
Horseradish Sandwiches
Roast Duck
Mashed Sweet Potatoes
Rolls
Tomato Salad Toasted Crackers
Orange-Ginger Ice Cream Small Cakes Coffee

Sardine Cocktail in Lemon Baskets
Creamed Sweetbreads Toast Fingers
Chicken Smothered in Oysters
Browned Potato Balls Tiny String Beans
Biscuits
Romaine and Orange Salad French Dressing
Toasted Crackers Hot Cheese Balls
Frozen Custard and Strawberry Sherbet in Melon Mold
Cake Coffee

COMPANY LUNCHEONS

Cream of Corn Soup
Crackers with Melted Cheese
Chicken Salad in Pineapple Ring
Hot Buttered Biscuits
Lemon Blitz Torte
Coffee Mints

Fresh Fruit Cocktail Supreme
Individual Grill of Lamb Chops topped with Bacon and Pork Sausage
Potatoes on the Half Shell
Mint Jelly on Orange Round
Biscuits
Filled Tomato with Asparagus Tips
Chocolate Ice Box Cake Coffee

Crab Meat in Cucumber Jelly
Thousand Island Dressing
Toasted Crackers
Italian Spaghetti surrounded by whole Sautéed Mushrooms
Pocket Book Rolls
Combination Dish of Celery,
Radish Roses, and Small Pickles
Schaum Torte with Fruit Coffee

Jellied Consommé Toast Strips
Radish Roses Olives Celery
Sweetbread and Cucumber Salad
Potato Baskets filled with Peas
Buttered Biscuits
Vanilla Ice Cream in Sponge Cake Baskets, Chocolate Sauce
Coffee

AFTERNOON OR EVENING REFRESHMENTS

Cream Cheese Sandwich Loaf
Olives Sweet Pickles
Strawberry Sherbet Sponge Drops
Iced Drink

Small Tomatoes stuffed with Crab Meat Salad
Cheese Biscuits
Snowballs Coffee

Cantaloupe Salad
Toasted Saltines
Fudge Cake Ginger Ale

Cream Puffs filled with Vanilla Ice Cream
Butterscotch Sauce
Coffee

Chicken and Celery Salad in Pimiento Cups
Buttered Rolls
Sponge Cakes with Custard Filling
Coffee

Frozen Fruit Salad
Almond and Cream Cheese Sandwiches
Bonbons Spiced Raisins Coffee or Tea

Welsh Rarebit Toasted Saltines
Olives Sweet Gherkins
Fruit Salad Coffee

Lobster Newburg Pastry Points
Whole Wheat Bread Sandwiches
Olives Celery
Pineapple Sherbet Macaroons Coffee

AFTERNOON TEAS AND RECEPTIONS

Cream Cheese and Nut Sandwiches
Orange Toast
Chocolate Muffin Cakes Tea

English Muffins, Hawaiian Style
Brownies Tea Almond Cookies

Tiny Cream Puffs with Cheese Filling
Nut Bread Sandwiches Open Tomato Sandwiches
Date Straws Baby Baltimore Cakes
Tea Coffee
Salted Nuts Candied Orange Peel

Chicken Salad Sandwiches
Brown Bread Sandwiches Cheese Mint Sandwiches
Orange Sherbet Angel Cake
Coffee Tea
Bonbons

Minced Lobster and Celery Sandwiches
Cucumber Sandwiches Guava Jelly Sandwiches
Small Frosted Eclairs Stuffed Fruits
Chocolate Coffee

Molded Chicken Salad
Olives Salted Nuts
Pimiento Cheese Sandwiches (open) Brown Bread Sandwiches
Raspberry Sherbet and Pistachio Ice Cream
Pound Cake Fancy Frosted Cakes
Fruit Punch Coffee

Chicken Consommé
Ripe Olives Stuffed Celery
Sweetbread and Cucumber Salad Finger Rolls
Orange Mousse Cocoanut Macaroons
Coffee

PLATE LUNCHEONS FOR BRIDGE PARTIES

Molded Chicken Salad on Pineapple Slices
Potato Chips Sweet Gherkins
Hot Buttered Biscuits
Vanilla Eclairs with Fudge Sauce
Iced Coffee

Eggs and Asparagus with Cheese Sauce on Toast
Radishes Pickles
Graham Bread Sandwiches
Jellied Olive and Nut Salad
Strawberry Bavarian Cream
Angel Cake Ginger Ale

Chicken and Ham Mousse
Tomato Slices with Mound of
Ripe Olive, Celery and Cabbage Salad
Parsley Butter Sandwiches
Raspberry Sherbet
Whipped Cream Macaroons
Coffee

Frozen Tomato Salad
Chopped Chicken Sandwiches Nut Bread Sandwiches
Chocolate Whipped Cream Cake
Iced Drink or Hot Coffee

Salmon Mold Cucumber Sauce
Soufflëed Potatoes
Watermelon Pickle Ripe Olives
Whole Wheat Parker House Rolls
Washington Shortcake
Coffee
Sugared Almonds Candied Grapefruit Peel

WEDDING BREAKFASTS

Molded Chicken Salad
Tiny Finger Rolls
Pineapple Mousse, Manhattan
Bride's Cake
Coffee

Lobster Cutlets Creamed Peas in Timbale Cases
Rolls
Molded Fruit Salad
Pistachio Ice Cream
Bride's Cake Frosted Gold Cakes
Coffee

Chicken and Mushroom Croquettes with Cream Sauce
Jellied Fruit Salad
Tiny Baking Powder Biscuits
Frozen Custard
Small Frosted Cakes
Coffee

Mint Grapefruit and Green Cherry Cocktail
Sweetbreads and Mushrooms in a Noodle Ring
Spiced Pears
Hot Corn Muffins
White Asparagus in Green Pepper Rings
Vinaigrette Dressing
Black Olives Orange Marmalade
Ice Cream Balls with Grated Fresh Cocoanut, Crushed Raspberry Sauce
Sponge Cake with Orange Icing
Coffee
Pale Green and Yellow Mint Wafers

Iced Cantaloupe Balls
Chicken and Mushroom Patties Julienne Potatoes
Rolls
Celery Salad in Tomato Aspic
Frozen Custard and Cherry Ice (molded together)
Fancy Cakes
Coffee

SUNDAY NIGHT SUPPERS

Chicken à la King Julienne Potatoes
Fruit Salad in Aspic
Hot Biscuits
Cream Cheese Strawberry Jam Toasted Crackers
Coffee or Tea

Assorted Cold Meats
Potato Salad Dill Pickles
Rye Rolls
Coffee Cake Coffee

Welsh Rarebit on Toasted Saltines
Brown Bread Sandwiches Chutney
Caramel Apples Sour Cream Cookies
Coffee Ginger Ale

Deviled Ham Mousse Julienne Potatoes
Celery Radishes
Orange Ice Box Cake
Coffee

Deviled Eggs Vegetables in Aspic
Hot English Biscuits
Butterscotch Tarts Iced Coffee

Ham Loaf Creamed Sweet Potatoes
Perfection Salad
Date Charlotte Coffee or Tea

New Shrimp Wiggle Buttered Toast
Pickles Olives
Stuffed Peach Salad
Tea or Coffee

PICNIC MENUS

Fried Chicken Small Whole Tomatoes
Egg Salad Sandwiches
Chocolate Muffin Cakes Hot Coffee
Fresh Apricots

Carlton Sandwiches Salmon Sandwiches
Hard Cooked Eggs filled with Cheese
Sweet Pickles Radishes
Individual Fruit Pies Coffee

Jellied Chicken Mayonnaise
Lettuce Sandwiches
Brown Bread and Cream Cheese Sandwiches
Large Stuffed Olives Stuffed Celery
Iced Cream in Thermopack Cookies
Coffee or Cocoa

Grilled Minute Steak Sandwiches Potato Chips
Roasted Corn on Cob
Shredded Cabbage Salad
Sunshine or Sponge Cake Coffee

Veal Birds, cold Mayonnaise Potato Salad
Rye Bread and Lettuce Sandwiches
Cheese and Jelly Cookies Watermelon
Coffee

Fried Eggs Sausage broiled on sticks
Onion and Tomato Sandwiches Pickles
Doughnuts Coffee

Stuffed Eggs Mixed Cheese Sandwiches
Cucumber Sandwiches Ham Sandwiches
Graham Cracker Cake Iced Chocolate

HOLIDAY MENUS

LINCOLN'S BIRTHDAY DINNER

Cherrystone Clams
Cream of Squash Soup — Croutons
Celery — Olives
Oyster Pie, White House Style
Brown Bread Sandwiches
Baked Ham — Candied Sweet Potatoes
Corn Pudding — Apples, Virginia
Spiced Grapes — Soda Biscuits
Molasses Pie
Stilton Cheese, Salt Biscuits
Coffee

VALENTINE DINNER

Lobster Cocktails
Cream of Tomato Soup in Cups
Roasted Squab Chickens — Potato Hearts
Peas with Pimiento
Savory Beet Salad
Raspberry Sherbet
Cocoanut Frosted Cake
Coffee

AFTERNOON OR EVENING REFRESHMENTS FOR VALENTINE'S DAY

Creamed Mushrooms in Heart Shaped Timbale Cases
Stuffed Celery — Olives
Bavarian Cream with Preserved Strawberries
Heart Shaped Cakes
Coffee
Mints — Candied Ginger

Jellied Fruit Salad in Heart Molds
Pimiento Sandwiches — Cheese Sandwich Hearts
Coffee
Salted Nuts — Mints

WASHINGTON'S BIRTHDAY SUPPERS

Maraschino Cocktail

Oyster Stew — Corn Bread Sticks
Sweet Pickles — Crab Apple Jelly
Baked Ham — Glazed Sweet Potatoes
Beaten Biscuit
Tomato Salad — Toasted Saltines
Frozen Custard
Coffee — Fruit Punch

Chicken Bouillon — Whipped Cream
Cold Roast Turkey — Scalloped Oysters
Vegetable Salad
Pickles — Soda Biscuits — Jelly
Cherry Pie with Vanilla Ice Cream
Coffee

ST. PATRICK'S DAY DINNER AND SUPPERS

Grapefruit and Mint Cup
Olives — Sour Gherkins
Crown Roast of Pork
Browned Potatoes — Spinach Timbales
Fried Apple Rings
Endive and Watercress Salad
Whole Wheat Wafers
Pistachio Ice Cream — Marshmallow Sauce
Cookies in Shamrock Shape
Coffee — Ginger Ale

Creamed Chicken and Peas in Timbale Cases
Clover Leaf Rolls — Olives
Angel Cake — Cocoanut Cream Filling — Green Frosting
Mint Lemonade — Coffee

Lobster Salad in Green Pepper Cases
Bread and Butter Sandwiches
Peppermint Ice Cream (green) — Coffee

EASTER BREAKFASTS

Strawberry and Rhubarb Cup
Fried Chicken — Julienne Potatoes
Fresh Asparagus — Hollandaise Sauce
Tomato and Pineapple Salad
Hot Biscuits
Sponge Cake Baskets filled With Caramel Flavored Whipped Cream
Coffee

Strawberries au Naturel
Powdered Sugar
Grilled Sausages
Waffles — Maple Syrup
Avocado Salad
Coffee — Blueberry Cakes

Fresh Pineapple (served in sections of the shell)
Broiled Bacon
Stuffed Eggs with Mushroom
Cream Sauce, on Toast
Hot Corn Muffins — Strawberry Jam
Frosted Doughnuts
Coffee

MAY BREAKFASTS

Fresh Strawberries
Fried Chicken — Fresh Asparagus
Pimiento Creamed Potato
Stuffed Tomato Salad
Pineapple Pie
Coffee

Iced Grape Juice
Broiled Lamb Chops, Bacon and Tomatoes
French Fried Potatoes — Green Peas
Asparagus Salad — Hot Rolls
Strawberry Shortcake
Coffee

HALLOWE'EN SUPPERS AND EVENING REFRESHMENTS

Cream of Carrot Soup
Deviled Eggs Jellied Vegetable Salad
Hot Biscuits
Gingerbread with Apple Sauce and Whipped Cream
Coffee

Tomato Soup Brown Bread Croutons
Pickles Stuffed Olives
Creamed Shrimp in Pastry Cases Potato Chips
Whole Wheat Rolls
Stuffed Prune Salad
Orange Ice
Gold Cakes, Chocolate Frosting
Coffee Ginger Ale

Frozen Cheese Salad
Prune Bread Sandwiches
Coffee
Salted Nuts Chocolates

Fruit Salad in Apple Jack O'Lanterns
Toasted Cheese Sandwiches
Mince Meat Tarts
Coffee

Welsh Rarebit on Saltines
Pickles Celery
Fudge Cake
Coffee Ginger Ale

Tomato Bouillon, Whipped Cream
Toasted Cheese Sandwiches
Stuffed Dates Peanut Brittle

THANKSGIVING DINNERS

Avocado and Grapefruit Cocktail
Clear Tomato Soup, Croutons
Celery Jelly Pickles
Roast Turkey, Bread Stuffing
Grilled Sweet Potatoes
Squash au Gratin in Ramekins
Creamed Cauliflower
Endive Salad, Roquefort Dressing
Toasted Water Crackers
Pumpkin Pie Mince Pie
Coffee Cider
Nuts Raisins Mints

Cream of Chestnut Soup
Roast Capon, Mushroom Sauce
Sweet Potato Croquettes
Creamed Cauliflower Glazed Carrots
Apple Sauce Sherbet
Cranberry Salad
Marshmallow Dressing
Toasterettes Cream Cheese
Mince Pie Pumpkin Pie
Coffee Cider
Fruits Nuts Bonbons

Consommé with Mushrooms
Olives Celery Pickles
Scalloped Oysters in Ramekins
Roast Turkey
Mashed Potatoes
Squash Croquettes Creamed Onions
Cranberry Jelly
Apple and Raw Carrot Salad
Brown Bread Sandwiches
Baked Indian Pudding with Vanilla Ice Cream
or Hard Sauce
Coffee
Nuts Raisins

CHRISTMAS DINNERS

Oyster Cocktail
Tomato Bouillon, Whipped Cream
Toasted Saltines
Roast Turkey, Chestnut Stuffing
Giblet Gravy
Mashed Potatoes
Baked Onions Squash Soufflé
Jellied Cranberries
Endive French Dressing
Cheese Sticks
Frozen Maraschino Pudding
Sponge Cake
Coffee
Nuts Bonbons

Squash Soup
Fricassee of Chicken with Biscuits
Quince and Cranberry Jelly
or
Crown Roast of Pork, Apple Sauce
Sweet Potatoes (Southern Style)
Boiled Onions Stuffed Carrots
Escalloped Cauliflower Celery
Steamed Pudding Squash Pie
Coffee
Nuts Candy

Mushroom Consommé
Celery Olives Pickles
Roast Pig
Duchess Potato Candied Sweet Potato
Turnip, New York Style
Cauliflower au Gratin
Cider Apple Sauce
Grapefruit and Pimiento Salad
Cheese Fingers
Plum Pudding, Hard Sauce
Coffee Nuts Bonbons

QUANTITY COOKERY

SUPPERS FOR ONE HUNDRED

Fruit Cocktail
Roast Turkey — Jellied Cranberries
Creamed Potatoes
Rolls
Lettuce and Olive Salad
French Dressing
Lemon Sherbet — Small Cakes
Coffee

Smothered Chicken or Roast Ham
Candied Sweet Potatoes
Green Peas
Rolls
Sweet Pickles
Cranberry or Currant Jelly
Lemon Pie — Fruit Salad
Coffee

Meat Loaf, Italian Sauce
Mashed Potatoes — String Beans
Rolls
Mixed Pickles
Apple Pie — Ice Cream
Cake — Coffee

Chicken Shortcakes
Hot Rolls
Coleslaw — Celery
Fruited Tapioca — Cake
Coffee

FRUIT COCKTAIL

2½ dozen oranges
2½ dozen bananas
2 quarts diced pineapple
6 lemons
1½ cups quartered maraschino cherries with their syrup
2 pounds sugar
1 quart water

Boil the sugar and water together, add the lemon juice and pour over the prepared fruit. Chill thoroughly before serving.

SMOTHERED CHICKEN

Cut forty to fifty pounds fowl in joints. Cover with boiling water and simmer until tender, adding seasonings when half done. Remove from liquor, arrange in baking pans, dredge with flour and place slices of fat salt pork on top. Bake slowly until brown. For gravy use two cups of the fat from the pan. Add two cups flour and when thoroughly blended add five quarts chicken stock or stock and milk mixed. Season.

Young chickens can be prepared in this way without boiling. They are delicious but more expensive. Bake them for three-quarters of an hour covered, then uncover and allow to brown.

MEAT LOAF

20 pounds beef
4 pounds salt pork
4 tablespoons minced onion
3 quarts stale bread crumbs
2 quarts hot stock
⅛ cup salt
⅛ cup mixed herbs
2 teaspoons pepper
15 eggs

Pass the meat and onion through the food chopper. Moisten the crumbs with the stock, add the seasonings, blend and combine with the beaten eggs. Bake slowly in square bread pans, basting occasionally with a little bacon drippings and hot water.

The sauce is a tomato sauce made particularly savory by the addition of minced green pepper or pimiento, a little minced onion and, if liked, one cup of finely chopped olives.

CHICKEN SHORTCAKES

12 quarts diced cooked chicken
8 quarts white sauce
2 large grated onions
Grated rind 2 lemons
Juice 1 lemon
1 cup minced parsley
¼ cup salt
2 teaspoons pepper
1 can pimientos, minced
100 baking powder biscuits

About forty-five pounds of fowl will be needed. Simmer until tender, cut the meat into dice and use part of the liquid in which it was cooked with the milk for the white sauce. Heat the chicken in the sauce with the seasonings and flavorings. Roll the biscuit dough quite thin, cut with large cutter and lay two of the rounds together, so as to form twin biscuit which will separate easily. The biscuits may be baked in the morning, then reheated and filled just before serving.

SUPPERS FOR FIFTY

Baked Ham
Corn and Pepper Pudding
Mashed Potatoes
Spiced and Pickled Fruits
Tomato Aspic Salad
Hot Biscuits
Pineapple Sherbet
Coffee

Chicken Salad

Watercress Sandwiches — Olives

Strawberry Ice Cream

Sponge Cake — Coffee — Mints

Salmon New Orleans

Tiny Peas — Brown Bread

Baked Potatoes — Olives — Celery

Layer Cakes — Coffee

Sweet Cider — Bonbons

CORN AND PEPPER PUDDING

8 green peppers
8 eggs
2 teaspoons salt
12 No. 2 cans corn
4 cups milk

Beat the egg yolks, add the chopped peppers, salt, milk and corn. Fold in the stiffly beaten whites. Put in buttered baking dish and bake in moderate oven until firm.

TOMATO ASPIC SALAD

8 cups tomatoes (juice and pulp from 2 No. 3 cans)
6 cloves
4 bay leaves
2 medium onions (sliced)
4 teaspoons salt
2 teaspoons sugar
6 peppercorns
4 tablespoons vinegar
4 bouillon cubes
6 tablespoons gelatine
1 cup cold water

Stew together the tomatoes, cloves, bay leaves, onions, salt, sugar, peppercorns and vinegar, for fifteen minutes, then force through a sieve. Add the bouillon cubes. Add, while hot, to the gelatine which has soaked for five minutes in the cold water. Stir until dissolved. Cool, pour into shallow pans and chill. Cut in squares and serve on crisp lettuce leaves.

HOT BISCUITS

5 quarts flour
1 cup baking powder
3 tablespoons salt
10 ounces shortening
10 cups milk and water

Mix the flour with baking powder and salt and sift twice. Work in the shortening and add enough milk and water, in equal parts, to mix to a soft dough. A little more or less than ten cups of liquid may be needed, depending upon the flour used. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Shape with a biscuit cutter. Place on greased baking pans and bake in a hot oven (420°) ten to twelve minutes.

SALMON NEW ORLEANS

24 1-pound cans salmon
1¼ cups fat
2¼ cups flour
3 quarts strained tomatoes
3 pounds onions
¾ cup chopped parsley
Salt, pepper
Lemon juice
Paprika

Put the salmon in a large greased baking dish. To make the sauce, melt the fat and stir in the flour. Add the tomatoes gradually, stirring constantly (three No. 2½ cans are needed). Add the finely chopped onions, parsley, and salt, pepper, lemon juice and paprika to taste. Pour the sauce over the salmon, and bake slowly until the sauce is thickened and the salmon lightly browned.

CHICKEN SALAD

5 quarts cold cooked chicken
5 bunches celery
1 cup French dressing
1 quart mayonnaise

For the necessary amount of chicken twenty-five to thirty pounds of fowl as purchased, or ten one-pound cans boneless chicken will be required. Cut it in cubes and marinate with the French dressing. Cut the celery in small pieces and crisp in ice water. Just before serving, mix with the chicken. Add mayonnaise to hold the ingredients together, using a little more than a quart if necessary.

AMOUNTS NEEDED TO SERVE ONE HUNDRED

Soup	5 gallons
Chowder	8 gallons
Oysters (to be scalloped)	12 quarts
Fish	40–50 pounds
Meat (loaf or stew)	20 pounds
Roast Beef, Lamb, Ham	40 pounds
Chicken	50 pounds
Chicken Salad	20 quarts
Potato Salad	24 quarts
Vegetable Salad	20 quarts
Fruit Salad	18 quarts
Mayonnaise	2 quarts
Vegetables (canned)	4 No. 10 cans
Potatoes (mashed)	30 pounds (½ bushel)
Potatoes (creamed or scalloped)	20 pounds (1½ pecks)
Beets	30 pounds (½ bushel)
Cabbage (slaw)	12 pounds
Carrots	25 pounds (½ bushel)
Squash (winter)	60 pounds
Turnip	24 pounds
Ice Cream	13–16 quarts
Coffee	2½ pounds (5 gallons water)
Cream	3 quarts
Rolls	18 dozen
Butter	4 pounds

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Graham cracker pudding.

3 eggs,
2 T cold water
1½ c sugar
1 t baking powder
2 c graham crackers ground
1 c chopped walnuts.
whites of eggs beaten stiff, bake in slow oven ½ hour, grease pan, to be eaten with whipped cream.

Minnehaha frosting

½ cup sour (heavy) Cream
1 cup sugar
½ cup raisins

boil until chicken test by taking sample on [illegible]